

# Atlantic Insight

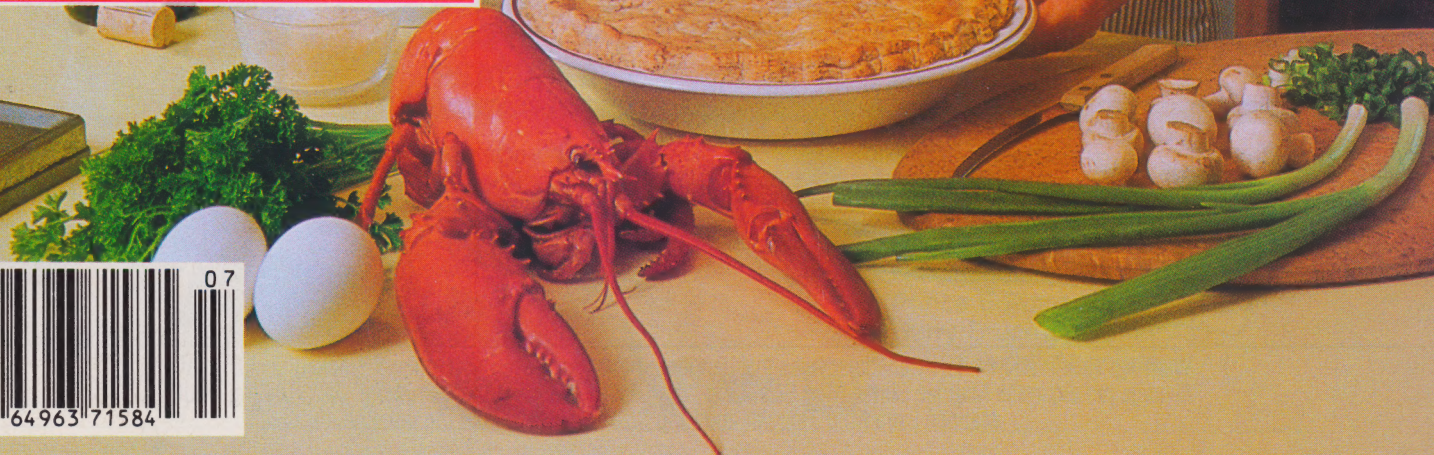
JULY 1987

\$1.95

Mennonites of the Maritimes

## SUMMER COOKING

As the season for fresh foods reaches its height, Atlantic Canadians are turning to barbecues, picnics and seasonal restaurants. In this issue, Insight offers features and recipes and celebrates another summer of good eating





# Matinée



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# Atlantic Insight

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## COVER STORY

In early April the finalists in our first heritage recipe contest gathered in Charlottetown for the cook-off. Lindy Guild of Mahone Bay, N.S., (cover photo) is modest about her winning recipe for Seafood Picnic Pie.

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COVER PHOTO BY ERIC HAYES



## MIGRATIONS

Religious and ancient customs rule the lives of a quiet community of Nova Scotia Mennonites who farm and raise their children in the peace they've been seeking on two continents.

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## FEATURES

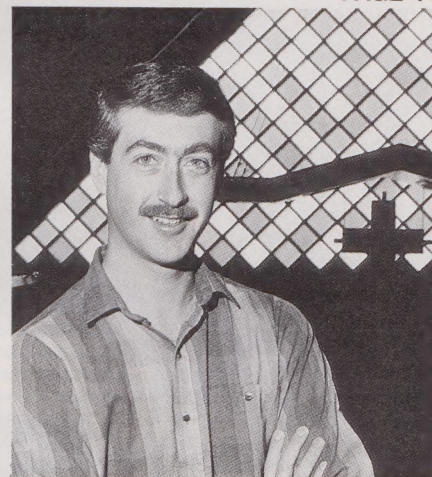
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## SUMMER COOKING

Berries are summer's most prolific crop, and wild or cultivated they add a unique taste and bright color to many desserts. We've gathered mouth-watering recipes from across the region to tempt you to celebrate summer with a wide variety of berries.

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## RELIGION

A school that's unique in North America — where clergy are trained for the three mainstream Christian denominations — is located in Halifax and is leading to religious understanding.

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## PUBLISHER'S LETTER

# Come join our celebration

**T**he April weekend our 12 finalists in the heritage recipe contest gathered in Charlottetown to cook their winning recipes and to enjoy a celebration prepared by the students and chefs of the Culinary Institute of Canada, there were hints of spring in the air. Still, it was good to think that we were getting material ready for our July issue, for the very middle of summer and the best time of the year for gardens, fresh produce and summer cooking.

When you read about our finalists and their recipes, you'll see that they share a great enthusiasm about cooking and about taking advantage of the bounty our region offers. They work with the cooking traditions of the region, with what their mothers and grandmothers cooked and what they themselves loved as children. They combine these traditions with fresh ingredients and the results are innovations, new ideas and approaches which they experiment with because trying them is fun and rewarding. You'll find examples of their approach in the 12 recipes from our contest which we're publishing in our summer cooking feature section in this issue.

What inspires our finalists is also what inspires some of the best chefs and the best restaurants in Atlantic Canada. Just as summer brings on the products of farms, gardens, oceans and woodlands, it also attracts millions of visitors to the region. Supply and demand come together in the seasonal restaurants, hotels and bed and breakfast homes in every corner of the region.

Seasonal restaurants are blessed by the fact that they can create a menu they have to serve only in season, only when the very best quality foods are at hand. This is the natural thing to do when you open in June and close in October. Restaurants that are open year-round are much more likely to present a menu that works every week of the year and, more disappointingly, to rely on the same suppliers for their lettuce and tomatoes in August that they used in February.

Seasonal restaurants can be grand, and offer food in the grand hotel tradition. That's how I would characterize the dining rooms of the Nova Scotia government-owned seasonal hotel chain: the Keltic Lodge at Ingonish, The Pines at Digby, and Liscombe Lodge on the Eastern Shore. I can't believe that the most hardened free enterpriser (who uses the post office as proof that government can't run a business properly) wouldn't find himself backtracking very quickly after experiencing what the chefs at these

hotels can offer.

There are also the old-style family hotels which managed to survive the difficult times of the '50s and '60s — like Shaw's Hotel and Dalvay-by-the-Sea in P.E.I. I was so surprised by how wonderful the dining rooms in both these hotels were that I began to suspect a silent agreement among all who know, to keep them a secret so that they won't get so overcrowded and busy that you can't get a table.

Then there are the seasonal restaurants which have been around for a few years — or for a few decades. Last summer I spent several sunny days locked in a meeting room at the Mill River resort in western P.E.I. All of us looked wistfully out at people walking by in tennis clothes, bathing suits, with golf clubs — there was even someone who flew by in an ultra-light aircraft. The only reward was two evenings in a row when we were allowed out to seasonal restaurants in the village of Tyne Valley. Each was a memorable experience, a combination of fine cooking and fresh, local ingredients prepared carefully and with imagination. Of course, I would recommend a pilgrimage by anyone to Tyne Valley and its remarkable restaurants, but this community is not unique: in many other similar spots throughout the Maritimes and Newfoundland, residents and summer visitors alike can find a special kind of cooking that is unique to the region and which equals the best cuisine of anywhere in the world.

What impressed our finalists about the Culinary Institute at Charlottetown's Holland College is that it represents a new approach to training professional cooks and chefs for the restaurants and hotels of the region. The teaching chefs draw on several national traditions as their background, but they share a common conviction about the importance of working with the best produce found locally, and treating it with respect. They are also advocates of the importance of presentation — of finding ways to serve dishes so that they are a delight to look at as well as to taste.

With our recipe contest, cover story and summer cooking feature section this month, we're trying to do our bit to let everybody in Atlantic Canada know that we have something very special here every summer — our produce, our culinary heritage and our seasonal restaurants. So please join with us in our summer food celebration.

— James Lorimer

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# FEEDBACK

## Does aid condone actions?

It is interesting that your timely article on *Atlantic Canada and the Third World: making connections* (April '87) made no reference to the large Dalhousie University involvement with the Indonesian Government. Prior to the start of Dalhousie's program the Indonesians had undertaken a particularly brutal invasion of East Timor, a small country north of Australia. This invasion was condemned by the UN and was a clear violation of international law. As a consequence of the invasion over two million actions, which should have been of serious concern to Dalhousie, apparently were not even discussed within the University administration despite the well-documented corruption and undemocratic nature of the Indonesian government.

A major irony of the Dalhousie program is that it is concerned with "environmental protection" yet the Indonesians were engaged in napalming villages and spraying crops with herbicide so as to force the Timorese from the mountains, where they normally lived, down to the inhospitable malaria-infected lowlands where they would be under the control of the Indonesian military in "strategic settlements." One wonders if Dalhousie would have got into bed with the Soviets in Afghanistan where an occupying force was undertaking the same form of atrocities.

Many Nova Scotians believe that Dalhousie University's actions not only directly condone the brutal and illegal actions of the Indonesian government but that they also subsidize them — Dalhousie gave \$20,000 to Indonesia in the year that people in Java had to stop drinking their water because of contamination by corpses dumped by government-sponsored death squads. Even though the Indonesian ambassador in Canada champions the actions of his government in East Timor he has been a privileged and feted guest at Dalhousie. This is akin to having entertained the ambassador of South Africa just after the Soweto massacre.

Attempts by Nova Scotians to get the university to undertake a public discussion (and after all, Dalhousie is a publicly funded organization) have been stonewalled by their faculty. This is, perhaps, little wonder, seeing that the Law Faculty (isn't that where international justice and law are supposed to be taught?) themselves voted down a request that their program with the Indonesians be tied to some sign of improvements in human rights in Indonesia.

When a public institution undertakes aid programs with governments that have records of torture, genocide and large scale death-squad killings such as Indonesia, at the very least they have a moral responsibility to loudly and con-

tinually note that its programs with such governments should not be taken to condone those actions. Perhaps Dalhousie should gather even the nominal courage to openly condemn their aid recipient's brutality. When institutions refuse to do so but rather hide behind public ignorance of distant events, they reduce themselves to the level of third-rate consulting companies more interested in "jobs for the boys" than in the full consequences of their "aid actions."

Ross Shotton  
Halifax

## Boyhood memories of William Coaker

The article *William Coaker: Newfoundland's union hero* (April '87) is of particular interest to me. I often went out with my dad who was a doctor, on calls to his patients, including occasional visits to Sir William Coaker at Paradise, near Bonavista, and the Bungalow at Port Union.

On one visit to Paradise, I took along a big mud (German brown) trout as a gift. Sir William very generously gave me a five-dollar bill. The \$5, which at that time in Catalina was exactly the amount you paid the doctor to be in his books for a year was, I am sure, more money than I had ever owned at one time. As I remember, it kept me in bamboo fishing poles, fishing lines, licorice sticks and bulls eyes for a long while.

Thanks for reviving such pleasant boyhood memories. I always look forward to each new issue of your magazine.

Graham Boggs  
Kingston, Ont.

## Urging an open exchange

As a former Nova Scotian, I am pleased with the sincerity and sensitivity *Atlantic Insight* has demonstrated in its discussion of the Holocaust in Ralph Surette's column, *Denying the Holocaust: today's form of anti-Semitism* (April '87).

Until I married into a Jewish family here in New York City, only dimly did I perceive the horror through which the Holocaust survivors lived. My mother-in-law is one such survivor. The concentration camp touched her in ways only other survivors can ever understand. And of her entire extended family, only she survived; all the rest were murdered.

Let us not visit the sins of the fathers upon the sons, but lest anyone forget the cruelty that the Nazis visited upon millions of helpless human beings, may I recommend a British documentary occasionally shown on *Frontline* on PBS-TV. It is called *Memory of the Camps*. I'm certain that the National Film Board or the CBC could make it available to Canadian audiences.

Perhaps Malcolm Ross of Moncton

would allow himself to be interviewed on a channel which aired this film. The open exchange of information would surely educate us all.

Richard M. Ward  
Queens, N.Y., U.S.A.

## Keeping in touch

As a subscriber for some time, interesting articles such as *Noise in Little Sands* (Jan. '87) catch our attention. We look forward to receiving the magazine and for us it must be read from cover to cover and thoroughly discussed. Many thanks for interesting "Maritimes" goings-on.

My daughter, who lives in Georgia, is a constant reader also. She keeps in touch, through your publication, with what is going on at home.

C. Fraser  
Charlottetown

## Let's move East

Yup, here in this part of Upper Canada, new homebuyers are mortgaged to the hilt to buy even the most modest little bungalow.

I was interested to read in the article, *A log home grows — from the ground up*, (Atlantic Homes, April '87) that the Lyons have been able to build their own home and hope to pay it off in just a couple of years. I must say the story took on a whole new meaning when I discovered the home covers 30,000 square feet.

Blomidon is obviously the place to be. Hold the next train — we'll be right down. Cheers to Maritime living!

Toni Ellis  
Toronto

**Ed. Note:** One zero too many — 3,000 square feet.

## From a new subscriber

I was absolutely delighted to receive my first subscription issue of *Atlantic Insight*.

You can't imagine my excitement as I read about my home, Westport, Brier Island, N.S., in the article by Alison Day, *Exploring backroads and waterways* (Summer Outdoors, May '87), as well as the mention of Harold Graham in the story on whale watching.

Adding to my delight was the article on the *Eastern Graphic*, Montague, P.E.I., and publisher Jim MacNeil. Jim hired me for my first journalism job with the *Digby Courier* many years ago, which led to other jobs in that field as well as my present freelancing opportunities. Just one question Jim, — "Where's the Brier?"

Thank you *Atlantic Insight* for making my first issue so special, and for bringing my home so close while so far away.

Peggy L. Near  
Inuvik, N.W.T.



# Peaceful call for no nukes in Lunenburg County

*A grassroots peace movement begins to see nuclear war as a political and economic issue for the whole community*

by David Swick

Everywhere you go, you see the signs. A white dove rising from a sky-blue background, the unexpected words near the top: Nuclear Weapons Free Zone. Welcome to Lunenburg County, Nova Scotia.

Traditionally known more for its peaceful landscape than its peace statements, this rolling seascape on the South Shore has become the most crowded Nuclear Weapons Free Zone (NWFZ) in Canada. Four local governments — the towns of Lunenburg, Bridgewater and Mahone Bay, and the municipality of Lunenburg have all declared themselves NWFZs and posted signs proclaiming that decision.

It began in the fall of 1984, when a teacher at Chester Municipal High School suggested in fun to student council president Jackie Flinn that she declare the school an NWFZ. Intrigued, Flinn introduced the subject at a student assembly, and found the students receptive. "In Chester, 77 per cent said 'yes.'"

Flinn and friends then mailed a letter to five other county schools, encouraging them to do likewise. The response was overwhelming — all five voted heavily in favor of the proposal.

Students at Lunenburg Junior-Senior High, who voted 92.5 per cent in favor, took a further step. They voted to ask the school board to formally support their decision. One board member, Ralph Hennigar, was so impressed by the students' plea he moved that the board declare not just Lunenburg, but all schools in the county NWFZs.

Eager to discover more about peace and the current world situation, the county's teenagers next joined forces to hold a World Peace and Development conference the following May. It attracted students from all over the Maritimes, and workshop leaders from the United Nations. Townsfolk and students jammed a high school auditorium to hear the keynote address by David Suzuki.

Among the adults in the audience was Donald Craig, the retired former editor of a local weekly newspaper. Craig was struck by the students' enthusiasm, fears and honesty, and thought local adults should follow their lead. So he called some friends, who called more friends, and soon compiled a list of 30 to 40 interested adults. In late summer they affiliated with Project Ploughshares,

the respected international peace group which operates under the general sponsorship of the Canadian Council of Churches and advocates monitored multilateral disarmament.

The municipality of Lunenburg declared itself an NWFZ on Sept. 25, 1985. Lunenburg followed a day later, and Mahone Bay and Bridgewater in October.



Flinn and her classmates challenged the town to stand up for peace

Nancy Norwood is a recent addition to the peace ranks. A former concert pianist who lives in The Narrows, on the shore near Oak Island, Norwood knows more about war than most people — her husband Carlisle was imprisoned during the Second World War.

After "despairing for years" about the nuclear situation, Norwood decided to do something. She joined Ploughshares because she believes the argument that nuclear arms provide security is ludicrous. "Nuclear weapons don't give you security. It's social services, medical care, good housing and education that give you security."

Here in Atlantic Canada, 14 communities have made the declaration: St. John's, Corner Brook and Wabush in Newfoundland; Bathurst, Beresford, Mather's Island, Petit Rocher and Pointe Verte in New Brunswick; Trenton, Wolfville and the four in Lunenburg

County, N.S.

In North America, the "need" for nuclear weapons has always been justified by the claim that stockpiling weapons would counter the threat of the Soviet Union. Many people — in the peace movement and outside it — contend this "threat" is primarily a fabrication, devised to prop up an economy which depends on military industries. "Successive American administrations have fostered what amounts to a myth of the Soviet threat to the world," says Craig. Dalhousie University economist Michael Bradfield agrees. He fears that the military bent of our economic system is growing because the people it makes rich keep friends in the political arena.

Bradfield describes the "militarization of the Canadian economy" as "a perversion of economics. People in the military and nuclear industries make huge profits and want to protect those profits. It's a political situation—they donate to political parties. As long as a politician knows he will not upset his electorate and can please the nuclear or military industries at the same time, he will."

Bradfield adds that pouring money into military industries also creates fewer jobs than is often claimed. Using 1981 U.S. Bureau of Labour figures, he says, "If you spend a billion dollars on military industries, it creates 11,000 jobs. If you were to spend the same billion dollars on health, you'd have 37,000 jobs; on clothing manufacturing 22,000 jobs and in education 48,800. These figures may have changed slightly, but the ratio has stayed the same."

Bradfield feels the situation will only change when the public realizes that the future of the planet is being placed in jeopardy by power politics and greed.

Jackie Flinn, now studying international relations at Acadia University, hopes that the changes come soon, and that the economy can be rebuilt on something that enhances life, rather than deals in destruction.

Back in the days before peace broke out in Lunenburg County, she once said, "All we want is for people who make decisions about our world, our lives and our future to think. We believe that a future with nuclear weapons is no future at all." Her beliefs haven't changed. ☐

PETER BARSS





WAYNE CHASE

Gordon: Shaking up Moncton's commercial market — competition with a rock 'n' roll flavor

## New station hits airwaves

*New Brunswick rock listeners and advertisers are waiting to see how market competition will affect Moncton's radio scene*

by Peter Boisseau and Lois Corbett

**T**o the untuned ear, Moncton's airwaves seem jammed, but the addition of a new rock FM station is causing little static.

"Moncton is the last Maritime market of its size without genuine competition among radio stations," says John Porteous, a veteran freelance broadcaster and regional president of the Association of Canadian Television and Radio Artists (ACTRA). Porteous believes that for years Moncton has been radio poor because of a common misconception that there are more than enough stations competing for listeners and business. In fact, he notes, Moncton's seven stations include four CBC outlets and a university channel, leaving CKCW and sister-station CFQM as the only choices for advertisers.

The void in competition had would-be station owners lining up last year as the CRTC appeared poised to grant a new radio broadcast licence for the Moncton market. The bidders included the former owners of the French-language CHLR, which just a year before had failed in the same market. Rock FM 103, which eventually won the battle for that new licence and had its first broadcast June 19, is not expected to meet the same fate as CHLR.

CHLR's weakness, and by contrast, FM 103's strength, was underscored at CRTC hearings this past May in Bathurst. When asked to speculate on the reasons for CHLR's demise, Université de Moncton president Louis-Philippe Blanchard observed it was an example of a lack of expertise in commercial radio.

For his part, FM 103's program director Larry McCaw feels the new station won't suffer the same fate.

McCaw's acumen comes from three years of working with Rick Gordon on the new station's application to the CRTC. Gordon, station manager and one of five owners, has the only radio broadcast experience among a mixed collection of investors who range from a car dealer to a dentist, each of whom put up 20 per cent of the station's \$2,000,000 price tag.

The made-in-Moncton flavor carries through the station's on-air format. Included in what Rock 103 FM coins "interactive radio" are daily segments on the "movers and shakers" of Moncton, profiles of local artists, on-the-street interviews with area residents as well as movie and book reviews, opinion call-in lines and bilingual public service shows. The station also offers its listeners innovative programs such as *The New Sounds*, featuring new performing artists and album releases; *Across the Pond*, with European rock music as its subject; and *Women in Rock*, profiling rock's female personalities. FM 103's bread and butter, however, is its mainstream rock focus. "For those of us who are baby boomers, it's our gold," says McCaw. "We're not watering it down with pop music; we're not going to play just the hits." Maritime acts will not be excluded, McCaw says, since the programming will be in-house, not bought from a syndicate, and will depend heavily on Canadian content. "We're lucky that we're working with rock music because the Canadian rock scene is good. We promised the CRTC 25 per cent Canadian content, and I know

that will be easy." There's also no shortage of optimism with the rest of the staff that the station will exude a local flavor. Marty Kingston, who abandoned the bright lights of Toronto and a secure job as a play-by-play announcer to return to the city where he began his career, says, "Moncton is starving for a station like this. It's good to be home. It's going to be lots of fun."

Kingston believes part of the fun is working with a station building from the ground up. The competition says harsh reality may temper that upbeat outlook. As Moncton's newest radio station, FM 103 will probably have more difficulty than the two existing commercial operations capturing the advertising dollar, predicts Gary Crowell, station manager of the country-flavored CFQM.

Though Crowell is talking about the Moncton area, those competitive concerns could well extend beyond the city. FM 103's 50,000-watt transmitter will carry it to the outskirts of Fredericton and Saint John and to northern New Brunswick, to most of Prince Edward Island and into northern Nova Scotia. That means dial-to-dial competition with the giant Toronto-based Maclean Hunter Ltd. That company acquired CKCW and CFQM from Eastern Broadcasting Ltd. shortly after FM 103 received its licence.

With the purchase went a string of Eastern stations throughout the region. It's not the David and Goliath confrontation some people envision, insists Rick Gordon, who is determined to break the CKCW/CFQM stranglehold on advertising in Moncton. They won't put CKCW out of business, says Gordon, but FM 103 wants 50 per cent of the advertising aimed at 18- to 34-year-olds.

FM 103 had hundreds of applicants for its 25 full-time positions. And although they had to go outside the region to fill some posts, a good number of the key staff members are former CKCW employees and the undercurrent of a rivalry already exists. "I couldn't go back to CKCW," Kingston states bluntly. "It's owned by Maclean Hunter now and it's an extension of the corporation." News director Gerry Proctor, an ex-newswriter for CKCW, says FM 103 will outdo the competition's local coverage. "If we don't get the story first, then we'll get it better."

And Gordon, meanwhile, plays down the rivalry, painting an almost cordial picture of the competition. He called the CRTC decision, which came a day after he turned 40, "the greatest birthday present a guy could get." But, he sheepishly admits, he is no fan of rock music. "Music has always been a tool for me," says the 18-year veteran of broadcasting and advertising. "I don't listen to the radio, I hardly ever have." ☐



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Photo: Working up Brunswick's commercial market - competition with coast to coast

## New station hits airwaves

New Brunswick's radio stations and advertisers are waiting to see how market competition will affect Brunswick's radio scene.

By Peter Brown and Tom Clarke

**T**he launch of Brunswick's new radio station, CFBF, is expected to bring the local market to a new level of competition.

Brunswick's first commercial radio station, CFBF, is expected to bring the local market to a new level of competition. The station is owned by the Brunswick Broadcasting Company, which is a subsidiary of the Brunswick Broadcasting Group.

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# Memorial: worn out, run down and overcrowded

*Newfoundland's university is broke and critics say the quality of education is deteriorating along with its buildings*

by Gerry Porter

**T**hese are hard times for Memorial University. With its classes overcrowded, faculty dispirited and buildings deemed "unfit for human habitation" by the president, the 38-year-old institution is in the midst of its worst crisis since Joey Smallwood signed the university charter.

Memorial's main campus struggled last year to find room for 14,000 full and part-time students — three times more than it was designed for, and a 50 per cent increase since 1982. Anyone walking through campus between classes has to steer around hundreds of students sitting on stairs, cramming the hallways or rushing to get a seat in a first-year class with 200 other students.

"We're approaching a crisis stage," says Leslie Harris, the university's president and a Memorial graduate himself.

Enrolment has doubled, but operating grants from the provincial government have barely kept up with inflation since 1982. Last year, the province granted no increase in operating expenses and in its latest budget, it granted a six per cent increase but froze capital spending for three years.

"In order to maintain our budget, we're eliminating expenditures in capital areas — in equipment and facilities, much of which is worn out or run down," says Harris. Building maintenance has been cut, and it shows in cracked walls and peeling floors. Makeshift classrooms, some of them cut out of two smaller rooms and nicknamed "bowling alleys," are "undesirable, uncomfortable, difficult to teach in, not properly equipped and ugly," says Harris.

But Harris says the quality of education has not suffered. "Surprisingly, we are maintaining the quality by working extraordinarily hard in inadequate facilities. People have performed yeoman service."

Many students and faculty disagree. Anne Marie Vaughn, a 21-year-old political science graduate and president of the Council of the Students' Union, says the cutbacks and overcrowding have seriously reduced the attention students can get from teachers. "Some professors have 800 students in four sections," she says. "It's impossible for students that need individual tutoring."

Nor can students get the books they need at the library, as there aren't enough books on reserve. The library staff has been cut and its acquisitions severely restricted, says Vaughn.

The sports facilities, Harris admits, would be acceptable for a large high school, but they are below university standard. Because of that, says Vaughn, a lot of teams have been forced to pull out of Atlantic and national competitions.



RAY FENNELLY

Harris: Memorial approaches "crisis stage"

The mood of unrest has grown particularly acute among the 950 faculty members, who are faced with teaching more and more students and a decline in real wages. In 1985, when the government grant came down with no provision for a salary increase, Harris moved to forestall a revolt by raising salaries anyway and cutting other services. "Salaries had declined ridiculously low by national standards — even by Nova Scotia standards," said Harris. "A lot of our best people were either going or thinking of going."

But that fall, the faculty association convinced a majority of its members to sign union cards, calling for improved working conditions, a grievance procedure and better salaries. The university responded with a lengthy document opposing the move, touching off the

longest series of hearings before the Labour Relations Board in Newfoundland's history. The matter is still unresolved but Mark Graesser, a political science professor and former president of the faculty association, says conditions have become intolerable for teachers. They are obliged to teach at least six courses a year whereas professors in other provinces teach four or five courses and make \$10,000 to \$14,000 more in a year.

It's in the outreach programs and presence outside St. John's that the university has suffered most in the public eye. Last year, the Educational Television station, which broadcast over provincial cable networks, was eliminated completely. Extension department offices in Stephenville and Marystown were closed down.

Paradoxically, the government has asked the university to expand its services outside the capital city, as part of a new vocational education plan. Original plans called for first year courses to be offered in eight regional centres around the island. (First and second year courses are offered at Memorial's west coast campus in Corner Brook.)

When it was announced that courses will be offered next fall only in Lewisporte and Grand Falls, two central towns 62 kilometres apart and located in cabinet ministers' ridings, New Democratic Party Leader Peter Fenwick was outraged. He accused the government of incompetence and of "porkbarreling". Offering courses around the province would not only take the pressure off the main campus, Fenwick argues, it would also "attract people from other socio-economic backgrounds."

Newfoundland's university participation rate is still below the national average. Statistics show that in 1980, 19.3 per cent of Canadians aged 18-24 attended a post-secondary institution; the Newfoundland rate was 11.4 per cent. By 1983 the national average was up to 21.7 per cent; in Newfoundland it was 15.3 per cent.

Tuition fees, at about \$568 a semester, are among the lowest in the country, but they only make up about 11 per cent of the university budget; about 70 per cent comes from federal grants distributed by the province. The minister responsible for Memorial University, Charlie Power, is blunt about the province's ability to fund Memorial: "It is a university in the poorest province in Canada. It's just a question of how much money you're going to have in the poorest province in Canada to give to a university."

But things are not looking up and, says Harris, if the university doesn't get an "enormous" infusion of money for capital works — something like \$150 million — "then we'll have to shut down a certain part of the operation to sustain the rest."



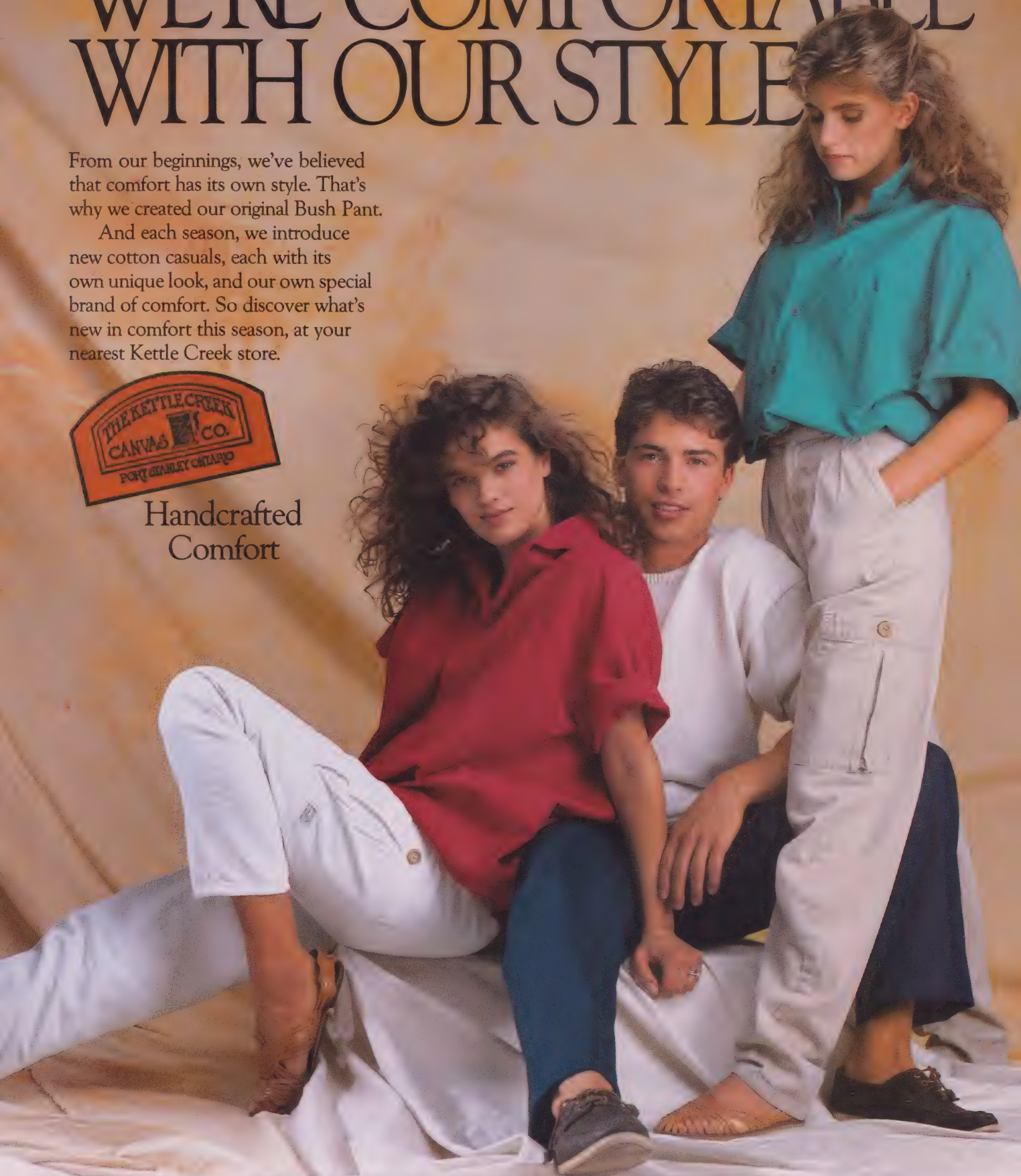
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JIM BROWN

Bears: reaching P.E.I. children musically with 12 simple rules that will teach them safety

## Looking for missing children

*Two P.E.I. songwriters have taken up the cause of missing and abused children here at home and across Canada*

by Jim Brown

**A**nd all the missing children, red, yellow, black or white..." George Bears is standing before an audience. A hundred pairs of eyes follow the singer songwriter from Brooklyn, P.E.I., as he works the crowd with his special kind of down-home charm. But today Bears isn't singing, and the crowd isn't sitting in a pub or a concert hall. Bears is in the lunchroom of the Montague Consolidated School talking to children. He is trying to save their lives.

"What do you say if a stranger comes up to you and tells you that he has some puppies he'd like to show you?" he asks.

"No," comes the reply.

He's teaching children how to react to the lures used by child abductors to gain the confidence of their victims, about which parts of their bodies are special and private and about asking for their parents' permission before going anywhere with people they don't know.

"It's just twelve very, very simple rules. It's straightforward and it's common sense. It's nothing to teach and it's everything to know," he says.

Speaking to school children is a new experience for George Bears, but being in front of an audience isn't. He's been singing and playing guitar around the Island for as long as he can remember. His father, Johnny Bears, is a legendary Island entertainer who, it's said, has

played at over 2,000 Island funerals, and Bears' whole family has always been involved in music in one way or another.

"I was the youngest in a family of eight and I used to listen to them singing in the living room after I'd gone up to bed, pretty well every Friday night."

When Bears was nine years old he started playing guitar with his older brother at local concerts and benefits. After years of playing with various family members, he went solo, playing clubs across the Island and touring the pub circuit in Florida, building up his repertoire of folk songs to well over 100. During his touring days, George had never been inspired to write any songs of his own, but a tragic event two years ago supplied that inspiration.

While visiting friends in Maine, a 15-year-old girl was reported missing and Bears joined the search party. When her body was found, she had been brutally raped and murdered, and Bears was with the group of searchers that broke the news to the girl's parents.

"I got thinking that I'd like to make an album and work on it with an organization that was trying to locate missing children and trying to do something about child abuse," he says.

So he teamed up with Bill Sutton, a member of the Montague RCMP who had been "diddling at songwriting for years without giving it much thought," and they

began to write songs.

Bill Sutton was no stranger to working for a cause. He's the creator of a program called Lions Educate Against Drugs (LEAD) which won the Solicitor General's Award in 1986. The program, which takes drug awareness education right into the home, has been directly responsible for two young people solving their drug problems. "That's my baby. I'm proud of it, and it works," he says.

The songwriting partners, searching for an organization to help develop their project, met with federal health minister Jake Epp. He referred them to an Edmonton-based group called Victims of Violence.

Victims of Violence was formed by Gary and Sharon Rosenfeldt shortly after their young son was killed by mass-murderer Clifford Olsen. They began by organizing support groups for victims of violent crimes and are now involved in lobbying for legislative changes to provide more protection for rape and abduction victims as well as printing and distributing missing children posters across Canada and providing information and classes on "streetproofing" children.

Bears and Sutton decided to work with Victims of Violence in producing their album. The finished product, *Chase Your Dreams* was completed in March. It contains two posters, one of missing Canadian children, the other a coloring-book style poster of the 12 basic rules of safety for children. Half of the proceeds from the sale of the album will go to Victims of Violence. The album was officially launched at a large benefit concert at the Montague High School in the spring. Close to 600 people showed up and over \$2,700 was presented to the Rosenfeldts, who flew in for the show. An emotional Gary Rosenfeldt thanked the crowd saying, "Every dollar of this will go to preventing crimes against children in Canada."

Meeting the Rosenfeldts was a humbling experience, says George. "Only they could tell you their nightmares." It was after hearing of their experiences that he felt compelled to do more. "I don't know whose idea it was for me to go to the schools and talk to the kids. That just happened," he says.

Bears plans to continue his school sessions and he hopes to go on tour in the fall to promote his new album. When asked about his priorities, George puts it into perspective. "I love music. I could play music all night. But speaking to the kids is life and death, that's how important it is."

(The quote at the beginning of the story is from the album *Chase Your Dreams* by George Bears and is used with the permission of Sutton & Bears Promotions Inc.)



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# A circuitous route brings Mennonites from Manitoba to Mexico to the Maritimes

*The peace and quiet of Nova Scotia's Annapolis Valley has become home for a religious community which originates on another continent*

by Anne Hutten

**B**eside the telephone in Lena Dueck's kitchen is a list of names: Hein Braun, Aaron Friesen, Bernhard Penner, David Thiessen. There are 30 names in all and together they largely define the boundaries of Lena's life. They're names that represent each of the families in the Mennonite community in Northfield Settlement, 30 kilometres west of Truro, N.S.

For Lena, life revolves around caring for her 11 children, working in her garden in the warmer months, preserving her harvest of vegetables for the winter and visiting with her neighbors all of whom have shared her long and tumultuous journey from Manitoba to Mexico to Central America to Atlantic Canada.

Lena, her husband Abram, and their children were one of the first families to arrive in Nova Scotia in 1983 from Belize (formerly British Honduras), a tiny country just south of Mexico. Almost 40 years earlier, Lena had left Manitoba with her parents. "There were many things my parents didn't like in Manitoba," she says. "They didn't like what we were learning in school about the war, for example." For the pacifist Mennonites, the militaristic fervor of the postwar years became intolerable.

But subsequent moves — first to Mexico, then to Belize where they remained for 23 years — failed to provide a peaceful alternative. Looking back, they share stories of bribery, robbery and other forms of local unrest. "My father was afraid of what his children would learn if they could observe such dishonesty," Lena says.

Finally, disillusioned with their Central American home, 30 of the 250 Mennonite families decided to move back to Canada. "We thought Nova Scotia would be a little better than Manitoba for small farmers starting out," says Menno Dueck, a dairy farmer and a second cousin to

Lena's family. "The land is cheaper and things are not done on such a large scale."

They chose a block of 2,600 acres in the Northfield area, all of which had been owned by Col. Sydney Oland since just after the Second World War, when many of the older farmers had sold out. The major attraction for the Mennonite farmers was the fact that the land was in one block, thus allowing all community members easy access to relatives, church and school. (The community runs its one three-classroom schoolhouse for Grades 1 to 8.) They bought the land and their community began to take shape.

Lena's husband Abram built their house with the help of their older sons. It's large, solidly if unimaginatively constructed with big windows letting in lots of light. The children have a playroom upstairs with a blackboard and an old typewriter, but few toys of the type the neighbors' children have. Bedrooms are strictly utilitarian, with a bed, a home-made chest of drawers and clothes hung in a row across one corner. There's running water in the kitchen, but an indoor bathroom is still a thing of the future.

The austerity of their home isn't the only characteristic that distinguishes the Mennonites from their Hants County neighbors. They're a devout people whose religious beliefs include pacifism in wartime, simplicity of lifestyle and modesty of dress.

The Northfield community is the first Mennonite settlement in the Atlantic region, but there are 87,000 other Mennonites in Canada, most of them in the West and in Ontario's Kitchener-Waterloo area. The sect, which began as part of the Protestant Reformation in the 1500s, started in Switzerland and the Netherlands and spread quickly to other countries, especially southern Germany. They take their name from Menno Simons, a reformed Dutch Catholic priest who emerged as one of their early leaders.

Persecuted, the Mennonites fled to many corners of Europe and eventually to North America. A period in Prussia led to the adoption of "plat Deutsch," a German dialect, as their mother tongue and language of worship.

Through the centuries the Mennonites have held the teaching of scripture — particularly the New Testament — foremost over obedience to nations and governments. Many of their customs and rules are based on literal interpretations of biblical verse.

Their acceptance of natural rhythm inevitably leads to large families. Lena and Abram aren't the only couple with 11 children; Abram's brother David has the same number, as does his second cousin Menno.

"I think it's better to have a large number of children," she says, as one of her daughters goes by, toting a younger sister on one hip. "With this many the children always have someone to play with." She feels that youngsters from large families are less likely to grow up self-willed and self-centred.

Most of these children don't go to school past Grade 8, as higher education is not a priority in a community where they're expected to grow up to be farmers. Martin Penner, father of eight, is both minister and teacher for the Mennonites. He completed his own education at the end of Grade 8 and feels not at all deprived. "Such wisdom as is required can be found in the Bible," he says. He quotes the Bible frequently, using his texts not as weapons but as explanations for his beliefs.

In Northfield Settlement, education, religion and fashion date back to another time. The girls still wear calf-length black dresses and, after baptism in their early teens, they cover their long braided hair with traditional black kerchiefs. The men, meanwhile, wear their collars buttoned modestly to the throat. Paradoxically, technology on the farms has been accepted. Dairy farmers use automatic milkers, and tractors are used for ploughing. Unlike the Old Order Mennonites near Kitchener, Ont., the Northfield Mennonites accept cars, trucks and





*Children grow up in large families and are educated in the traditions and beliefs of the Mennonite religion. The girls dress modestly and after baptism they cover their long braided hair with black kerchiefs. They are expected to work on the family farm and usually end their formal education at Grade 8.*



vans as necessary accoutrements of 20th century farming.

Northfield neighbors have welcomed the Mennonites to the community with warmth and respect. "They're good, hard-working people," says Wallace Miller, who buys eggs from them and once sold a horse to one of the families. Last Christmas, Miller's family shared a hymn-sing with several of the Mennonites.

"They called," he says, "and asked if they could sing some music with us, so 12 of them came and stayed two or three hours. They sang some in German, and some in English and my wife sang with them." The Millers say they're glad to see the land being worked again, barns and houses being built and gardens flourishing. And they've noticed the hard-


working qualities of their Mennonite neighbors.

From season to season, they can be seen working outdoors — picking strawberries, blueberries and apples. The children work side by side with their parents. Vegetables are frozen or preserved in jars for winter, and large quantities of produce are packaged and sold around the countryside at farmers markets.

It would be hard to miss the significant role of religion in the lives of these quiet people. Martin Penner isn't the only one who uses Bible references in his speech. But like the others, he knows that their situation is somewhat precarious. "The times are changing," he says. He expects that his children will be assimilated into a larger society to a much greater

degree than past generations have been and he doesn't entirely disapprove. "We need to become more outgoing. We need to be more welcoming to strangers into our homes."

Martin Dueck agrees, although he hopes some things will never change. He wants all 10 of his sons to become farmers, for example. "If they get a chance to go to work and they get good wages, they might as well do that," he says. "But still, I'd like it if they all farm."

Assimilation, in short, would be acceptable as long as it doesn't go too far. The Mennonites feel that by adopting too many of their neighbors' ways — television, public schools or pocket money for their children they would inevitably erode a culture which has for so long resisted consumerism and materialism. 







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# SUMMER COOKING

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## Celebrate the berry season

*Home grown, hand picked or store bought, the region's berry harvest provides a rich bounty that generates a flurry of baking, preserving and good eating*

by Alice LeDuc





# SUMMER COOKING

**S**ummer's here, and once again fresh berries abound in Atlantic Canada. Whether they're wild or cultivated, berries are always a popular temptation.

Just ask Ron and Diane Wiles, a retired couple who run a hobby U-pick operation at Berwick, N.S. Every summer for the past six years, pickers have converged on the Wiles' homestead, lured by the promise of succulent fruit. They come from near and far, bringing relatives and friends for a day's get-together.

The Wiles grow black currants, gooseberries, raspberries and a small quantity of strawberries. "The black currants are very popular," says Diane Wiles. "Pickers will get down on the floor (of the field) and stay there until the last berry's been stripped." Her recipe for the traditional English "sweet," Summer Pudding, combines in a deep burgundy-colored dessert many of the berries she grows. The fruits used can change as the season progresses and different varieties ripen.

While commercial growers capitalize on the abundance of the harvest, many communities throughout the region welcome the berry harvest with festivals and feasts. On the southern coast of Labrador at a place called Forteau, residents are gearing up for the 8th annual Bakeapple Folk Festival. The bakeapple, also called cloudberry, is a wild fruit that flourishes in northern climates. It's yellowish-orange in color and resembles a raspberry.

The bakeapple festival, Aug. 13-16, is a popular tourist attraction. Festival organizer Stelman Flynn says people come by boat from all parts of Labrador and the island portion of Newfoundland to take in the festivities.

Picking parties are one of the highlights of the festival. Groups are taken to the bakeapple grounds for the day and a prize — this year a trophy from a Swedish firm that makes cloudberry liqueur — is given to the picker who comes back with the most berries. A couple from the Yukon holds the record for picking 22 pounds.

Flynn says the pickers may keep the berries for use in their favorite recipes, and throughout the festival bakeapple goodies are featured on menus in restaurants and hotels in most southern Labrador communities.

Also popular in Newfoundland are redberries, or partridgeberries. They ripen in mid-September and picking usually continues until the first frost — then it stops only because it's too cold to pick. One picker says, "Frost makes the berries juicier and sweeter, so if you can find a redberry patch right after the snow melts, you can pick 'spring berries' that are extra tasty."

In Carleton County, N.B., strawberry producers celebrate the season's yield

with a strawberry bluegrass festival at Woodstock in July. The festival takes on a carnival air with the sound of toe-tapping music mingling with that of children laughing as they chase each other across the grounds. Adults follow at a more leisurely pace, exchanging pleasantries with neighbors and friends. But all stop at the booth where strawberry shortcake is served with a dollop of cream.

Statistics from the New Brunswick department of agriculture show that the province's berry growers have reason to celebrate — last year they produced 2.3 million quarts of strawberries, six million pounds of blueberries and 120,000 pints of raspberries. And most of the berries were sold at local markets.



PHOTOS BY ERIC HAYES

## *Berries of the season blend together in an easy elegant dessert that says it all — Summer Pudding*

No matter where you go in Atlantic Canada, berries are popular fare and have been for centuries. Indians and settlers enjoyed dried berries and used them in many recipes not unlike some of our favorites today. Fruit-flavored vinegars were the sinus medication of generations past and are still added to hot water and honey to make medicinal drinks.

One firm that makes a "critically acclaimed" raspberry vinegar is the Prince Edward Island Preserves company in Charlottetown. They also concoct a variety of preserves using local wild or cultivated berries as supplies permit. "Being situated just around the corner

from most of our suppliers enables us to bottle the fruit hours after picking," says Bruce MacNaughton, who started Prince Edward Island Preserves from his stove top three years ago. "We cook everything in small batches, using no preservatives and no coloring. And we do everything by hand."

All of the company's recipes are original and boast such labels as Strawberry and Grand Marnier, Raspberries and Champagne, Wild Blueberry and Lemon with Fresh Mint and Blackberry and Apple. About 60 craft stores and small delis in the region sell the preserves.

The company uses less sugar than is called for in most preserve recipes to allow more room for the fruit. On average, more than half a pound of fruit goes into every jar of preserves. For a company that produces more than 500 jars of preserves a day, that's a lot of berries.

Hazel Haskell, of Berwick, N.S., is a champion pie-maker who knows what it's like to handle lots of fruit. Her father and two brothers were instrumental in introducing cultivated blueberries to the Annapolis Valley. "At one time we had 4,000 blueberry bushes on our farm in Morristown," she says. The berries had to be packaged, then were shipped to Boston, New York and Montreal.

"Mom used to make blueberry pie and blueberry pudding, using berries freshly picked from the fields," recalls the 70-year-old Haskell. "The aroma was irresistible."

Marjorie Knowles, a home economist with the Nova Scotia department of agriculture and marketing in Kentville says, "Berries are nature's 'convenience food.' There's no peeling, no pitting, no coring. And they're easy to freeze."

The agriculture department has some tips for handling berries: stem; remove decayed berries; package without sugar in freezer bags or air-tight containers and pop into the freezer; for convenience, package in recipe-size amounts and label. They keep well in the freezer (-18°C) up to one year.

"Berries are also good for you," says Knowles. "They're a good source of vitamins and minerals, and they make a tasty low-calorie snack. One cup of strawberries has only 58 calories."

You can use berries in a cornucopia of recipes, from a warm Raspberry Upside Down Pudding to chilled Gooseberry Fool. Blueberries, strawberries or raspberries with sugar and cream are the perfect ending to any meal. Black currants and gooseberries are prized for their distinctive flavor in pies and preserves. And berries are great — straight.

### **Summer Pudding**

1 lb. raspberries, strawberries



or blackberries  
 ¼ lb. red or black currants  
 1 tbsp. lemon juice  
 1 tbsp. water  
 ¼ lb. sugar  
 8 slices stale bread, crusts removed

Prepare the fruit and cook with lemon juice, water and sugar for a few minutes until softened. Line a 3-cup pudding basin with fingers of sliced bread. Make sure the bread is fitted together well so that the fruit juice will not seep through.

Fill with the fruit and a little juice, then cover the top with bread fingers. Cover the dish with a plate or saucer and put a weight on top. Chill in the refrigerator overnight. Turn out and serve with extra fruit juice and whipped cream. Freeze summer puddings if you have an abundance of fruit in the summer. Makes 4 servings.

## Gooseberry Fool

1½ lb. gooseberries  
 2 tbsp. water  
 ½ cup sugar  
 10 fluid oz. whipping cream,  
 lightly whipped

Top, tail and wash gooseberries. Place in a pan with a little water over gentle heat, stirring frequently until gooseberries are soft. Sieve and put in a blender, reserving a few for decoration. Stir in sugar. Allow to cool. Fold in lightly whipped cream. Turn into parfait glasses. Chill until ready to serve. Decorate with remaining gooseberries.

## Strawberry and Grand Marnier Dark Chocolate Cake

1 ¾ cups unsifted all-purpose flour  
 2 cups sugar  
 ¾ cups cocoa  
 1 ½ tsp. baking soda  
 1 ½ tsp. baking powder  
 1 tsp. salt  
 2 eggs  
 1 cup milk  
 ½ cup vegetable oil  
 2 tsp. vanilla  
 1 cup boiling water

Combine dry ingredients in large mixing bowl. Add remaining ingredients except boiling water; beat at medium speed for two minutes. Remove from mixer, stir in boiling water (Batter will be thin). Pour into three greased and floured 8-inch layer pans. Bake at 350°F for 30 to 35 minutes or until cake tester inserted in centre comes out clean. Cool 10 minutes on rack. Remove from pans; cool completely.

Between each layer sprinkle equal amounts of Grand Marnier. On the bottom layer place a generous amount of Prince Edward Island Strawberry Grand Marnier Preserves. Place the second layer on top of the first. Repeat the same steps with the second layer. Place third layer on top. Top with either a chocolate or but-

ter icing. Decorate with chocolate curls and long slivered zests of orange or sliced fresh strawberries.

## Raspberry Upside Down Pudding

¼ cup butter  
 ½ cup packed brown sugar  
 2 cups raspberries  
 ¼ cup shortening  
 ½ cup white sugar  
 1 egg, unbeaten  
 1 cup sifted cake flour  
 ¼ tsp. baking powder  
 ½ tsp. salt  
 ½ cup milk  
 ½ tsp. vanilla  
 pouring or whipped cream

Melt butter in 9-inch square pan, sprinkle on brown sugar and arrange berries over top. Cream shortening with sugar, then beat in egg. Sift dry ingredients together and alternately add to creamed mixture with the combined milk and vanilla. Spread batter over berries and up the sides of the pan. Bake at 350°F for 25 to 30 minutes, invert on warm plate and serve with cream.

## Hazel Haskell's Cultivated Blueberry Pie

Mix 3 cups of blueberries with 1 ½ cups white sugar mixed with 4 tbsp. of flour. Cut berries with two knives or a pastry cutter and toss all together with a fork. Let stand while rolling out crust. Fill an unbaked pie shell with berries. Dot with 1 tbsp. butter. Sprinkle with approximately 1 tbsp. molasses. Add top crust and slash in places. Bake for 10 minutes in a hot oven, 425°F. Reduce heat to 350°F and bake until nicely browned and juice barely begins to bubble through slits in crust.


## Summer Season Fruit Jam

3 cups chopped sweet cherries  
 3 cups crushed gooseberries  
 3 cups crushed red currants  
 2 ½ cups crushed raspberries  
 7 cups sugar

Combine fruits, bring to boil. Boil 15 minutes. Add sugar, stir to dissolve. Bring mixture to a full rolling boil. Boil rapidly to jam stage (about 15 minutes or 102°F to 104°F on a candy thermometer). When jam stage is reached, remove from the heat. Stir and skim for 5 minutes. Pour into hot sterilized jars. Cool and seal. May be stored up to a year.

## Wedding Breakfast Cocktail

½ cup strawberry sauce  
 ¼ cup orange juice  
 1 cup chilled champagne

Blend sauce made from crushed, cooked berries with orange juice; strain. Divide between two chilled champagne flutes or wine glasses. Fill up with champagne. Garnish with orange twist and strawberry. 

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PHOTOS BY ERIC HAYES

Charlene Morton, Donna Goodwin, Gladys Meisner, Dawn Bremner, Sandra MacGregor, Sandra Nowlan, Lindy Guild, Nancy Reddin, Virjene Cole, Ann Marie Currie, Mary Mouzar, Grace McClung

## Behind the scenes at the recipe contest cook-off

Finalists in *Atlantic Insight's* first heritage recipe contest spent a cook's dream weekend in Charlottetown. They stirred, tested and tasted their way through their own recipes as well as a seven-course dinner at the Culinary Institute of Canada

**A** group of strangers met on April 3. They came from cities, towns and rural areas in the three Maritime provinces. Some met with *Atlantic Insight* staff at the Halifax airport to board an Air Nova flight to Charlottetown, P.E.I. Others drove from New Brunswick, and two already lived on the Island. Their common bond — a love of food — growing it, adapting recipes, cooking, baking...and eating.

They were the 12 finalists in the six categories of the Heritage Recipe Contest that was announced in October 1986. Among them were grandmothers (and a great-grandmother), professionals, home-makers and a market gardener.

Photographer Eric Hayes of Shelburne, N.S., took candid shots from the moment we left Halifax until the end of the weekend. Cynthia Stewart, an *Insight* sales representative, acted as shepherd for the flock, making sure everyone was in the right place at the right time. As food

editor, I went along to take notes and stage the setups for the photos of the 12 winning dishes. Deanna Silver, owner of Silver Spoon Desserts Enterprises Ltd., a Halifax restaurant, cafe and catering business, had agreed to be one of three judges and travelled with us.

As the entries for the contest began to arrive at our office — many of them too close to the Jan. 31 deadline for our peace of mind — it became clear that our request for recipes featuring Atlantic Canadian products adapted from traditional family methods reached a wide and varied audience.

On arrival that Friday evening at the CP Prince Edward Hotel, executive chef Franz Friedlhuber, another of the judges for the cook-off, organized a welcoming dinner. Tentative friendships among the finalists were formed, but nervous tension was in the air.

MacLaughlan's Motel hosted a hearty breakfast Saturday morning, and there the group met Barney Bree, director of the

Culinary Institute of Canada, the site of the cook-off. Conversations around the table were lively — all variations on a single theme. The women had learned to cook from their mothers, grandmothers and other members of earlier generations. They have collections of family recipes that they constantly change and update for today's lifestyle. Many had backyard plots or farm gardens, or bought market produce at harvest time. Tips for both cooking and gardening were already being exchanged. The most frequently asked questions were, "Where are you from?" and "What's your recipe?"

Enthusiasm was running high by the time we all reached the Culinary Institute, a division of Holland College. From the outside, it looks like a three-storey school building. Inside are high-ceilinged gleaming kitchens on the basement floor, then classrooms and office space, with the upper level taken up entirely by the Lucy Maud Dining Room and its kitchen.

Twelve work stations were set up along rows of massive gas ranges and ovens and at the wide countertops. All the equipment is industrial size, but this didn't intimidate the amateur cooks for very long. Covered in voluminous white aprons and paper chefs' hats, they were soon in full control. Stick-on tags had been supplied, but trying to remember each other's names as well as ours and those of the CIC staff, combined with the strange surroundings, produced an amusing verbal shorthand. "Here's a board and rolling pin for...uh...Oatcakes," and, "Corn Chowder needs the microwave," or "Where can I find a small pan for Cranberry Loaf?" They related more readily to recipes than to faces.



Stewart (l.) watches Currie prepare meat pâté





Bremner (l.), Nowlan and their specialties

CIC instructor Graham Taylor was another of the judges. Along with instructor Dismas LeBlanc, he seemed skeptical at first, but both were soon scurrying for ingredients, answering 12 sets of questions and explaining how to use the oversized utensils. There's no such thing as a tablespoon or even an eight-ounce measuring cup in this kitchen. Several women wished they had brought along their own.

"I'm used to cooking in my own kitchen," said Lindy Guild of Mahone Bay, N.S., "but here goes. At least we don't have to wash up."

Sandra Nowlan of Halifax was almost lost to sight as she leaned into a deep bin full of flour. Grace McClung, Chester Basin, N.S., who worked alternately from a wheel-chair and a stool because of a badly sprained ankle, passed the only food processor in the building back and forth with Dawn Bremner, Jemseg, N.B. Sandra MacGregor, Tusket, N.S., cautioned the others about the heavy door to the cold room where she had her pick of fresh vegetables for her marinated salad.

Donna Goodwin, Larry's River, N.S., was making a cranberry loaf that called for whole cranberries. None could be found, so Nancy Reddin who lives 10 minutes away, rushed home to bring some from her deep freeze. Reddin's own recipe for high-bush cranberry jelly couldn't be duplicated with the fresh product in early April, but a gleaming jar from last season was her official entry.

The diminutive great-grandmother in the group, Mrs. John Meisner from Upper Blandford, N.S., also looked on while the others cooked. Green tomatoes for her

apple mincemeat are scarce in the spring, so it too, awaited the taste test of the afternoon. But "Mrs. John," as she's called, took her own pictures of all the activity and sat back to watch the fun. We didn't discover that her first name is Gladys until very late Saturday night when she reluctantly told us.

Mary Mouzar, Halifax, a veteran of two other cook-offs, said, "You people are going all out." Mouzar noted the common interests of the group, saying, "Each one of us loves to cook and we all have cookbook collections, but we're constantly trying new methods." Her microwave corn chowder is adapted from a family recipe.

Heavy copper pots quickly filled with the rich ingredients for Charlene Morton's mincemeat and a bottle of brandy appeared from a cupboard. Morton adds Annapolis Valley apples and strawberries to her mincemeat — strong ties to her Middleton home. This lid was the most frequently lifted for an appreciative whiff.

But Anne Marie Currie of Sydney also attracted a steady stream of onlookers as she ground the meat and put together the many elements of her Acadian Meat Pie. If there had been a prize for congeniality she would have won. In spite of the difficulties she encountered with the lengthy procedure for her Acadian Pâté and her grumbles, "I should have brought one already prepared as well going through this," Currie's hearty laugh and family anecdotes kept everyone in good spirits.

While Virjene Cole of Kensington, P.E.I., waited for her cranberry pudding to steam, she and the others were swapping recipes, offering hints and



LeBlanc has a taste of MacGregor's dressing



Judges (l. to r.) Taylor, Silver, Friedlhuber

tasting the dishes that were ready.

Deanna Silver observed the cook-off all day and recalls, "The participants' eager interest and great pleasure was contagious. It was exceedingly refreshing for me to be involved with a group who had such genuine interest in food to the exclusion of most other topics."

Late in the afternoon, the three judges, Silver, Friedlhuber and Taylor conferred. They had set these elements as criteria: difficulty, originality, appearance, texture and taste. A maximum of 300 points would be awarded.

Aprons and chefs' hats cast aside, an elegant group gathered with special guests for the event that most agreed was the prize — the Cook's Dream Weekend Dinner. It was planned and executed by 11 student chefs and served by five students from the food and beverage program, all of whom volunteered their time on Saturday afternoon and evening. Few restaurants anywhere could match the feast designed to seduce all the senses.

*Atlantic Insight* publisher James Lorimer announced the three top recipes in reverse order. In third place was Nancy Reddin's High-bush Cranberry Jelly with 221 points; second place went to Virjene Cole's Steamed Cranberry Pudding with 222 points; and Lindy Guild's recipe for Mother's Seafood Picnic Pie won 252 points.

Weeks later, Lindy Guild, a busy travel agent in Bridgewater, N.S., insists, "We were all winners. Winning had nothing to do with me. I cook for fun." She adds, "Thank my mother who taught me how to cook. Her seafood picnic pie is a quiche with a lid on top."





## Seafood Picnic Pie is in good company with Canaan Vegetable Salad and Beet and Horseradish Relish

### Seafood Picnic Pie

*1st place*

My English grandmother made pies, my French grandmother made quiche, and my mother who was half-French and half-English made her own version of both, probably so as not to offend either one. In our family, picnics were often held in our gardens, rather like a barbecue, but no cooking took place. The men had drinks and lounged about, the women gossiped and watched us and we children played games until it was time to eat. When cold, this pie is perfect to eat without plates or forks, and my mother varied the fillings, sometimes using shrimp and lobster. As I recall, it always had a fish filling, and was a general favorite.

pastry for a 9-inch pie in a straight-sided dish

½ cup sliced mushrooms  
½ cup sliced green onions  
2 cups drained, cooked crab  
¼ cup grated parmesan cheese  
2 large eggs  
⅔ cup milk  
¼ cup dry white wine  
¼ cup fresh chopped parsley  
¼ tsp. each salt, pepper, nutmeg and powdered lemon peel

Preheat oven to 400°F. Sprinkle a layer of cheese into the pastry-lined dish. Layer mushrooms, onions and crab until they are all used.

Put remaining cheese and all other ingredients into a blender until smooth. You may have to adjust this mixture according to the density of the pastry filling, but a little more milk or wine may be added, (leftovers can be added to soups). Pour over crab mixture just until it is barely covered; do not overfill. Cover with pastry and slit to allow for the steam to escape. Trim edges, seal well by dampening the lower crust and crimp. Bake at 400°F for 15 minutes and reduce heat to 350°F for about 30 minutes or more or until a skewer inserted in the middle of

the pie comes out clean. Cool on a rack.

*Lindy Guild*

*Mahone Bay, N.S.*

### Canaan Vegetable Salad

A few summers ago, my sister Carmen Phinney made this salad at our home, and it was a great hit with all ages. I have since substituted the dressing she used with an old family favorite, Poppy Seed Dressing, which was first developed over 50 years ago by our aunt, Marjory Phinney Dobson.

*Poppy Seed Dressing*

½ cup sugar  
¼ cup vinegar  
1 tsp. salt  
1 tsp. dry mustard  
1 cup vegetable oil  
1 small onion, grated  
1 tbsp. poppy seeds

Place all ingredients in a jar and shake well.

*Vegetables*

carrots  
cauliflower  
green beans  
yellow beans  
edible podded or snow peas  
zucchini  
broccoli  
green pepper  
kohlrabi, etc.

Any variety of fresh vegetables will do. It's nice to have at least three or four kinds to add color, taste and texture to the salad. Wash vegetables and cut in large chunks or strips. Leave peas and beans whole. Slice zucchini in strips or ¼-inch rounds. Cut kohlrabi in ¼-to ½-inch "apple wedges."

Parboil the vegetables until they are no longer hard, yet are still crunchy. (One to two minutes is sufficient for most. Peppers and zucchini don't need to be cooked at all.) After this slight cooking, drain and place in ice-cold water then drain again and pat dry with a towel. Place all vegetables in a large bowl and

cover with the poppy seed dressing. Toss well and refrigerate for a couple of hours before serving. This dish is great served with fresh fish or chicken. It also lends itself well to pot luck suppers or summer barbecues.

*Sandra Phinney MacGregor  
Tusket, N.S.*

### Beet and Horseradish Relish

This was a staple dish served in our house during almost every meal while I was growing up. It was kept in a stone crock in the "cold room" and I was sent down with a bowl and a spoon to get some. After I left home and had my own family to feed I asked many members of our family for the recipe and no one had it. I gather it was a way of using all the available vegetables and then storing them over the winter in a way that would make them last until spring. This recipe is my version from family memories, of what was in that crock.

6 cups chopped cabbage  
6 cups cooked chopped beets  
½ to 1 cup ground horseradish (to taste)  
4 cups granulated sugar  
2 tbsp. salt

Add 3 cups vinegar to ingredients and cook 10 to 15 minutes. Keep in a stone crock in a cold room or pack in sterilized bottles. I use a food processor to chop the vegetables.

*Grace McClung  
Chester Basin, N.S.*



## Corn Chowder, Cabbage Scallops and Acadian Meat Pie add up to a hearty tray of regional favorites

### Pâté — French Acadian Meat Pie

My parents came from the Cheticamp area where pâté was usually served as a celebration repast. In the early days, there was strict adherence to the meatless days prescribed by the Roman Catholic Church, so the serving of pâté was most welcome, especially after the Lent or Advent season. Pâté was traditionally served on Christmas Eve, often using only rabbit



and pork.

Having grown up enjoying this tasty dish I wanted to include it among my own family traditions. Adapting mother's "pinch of this and a little of that" to acceptable measurements proved interesting.

## Pastry

1 lb. lard  
8 cups flour  
2 tsp. salt  
16 tsp. baking powder  
2 cups milk

Combine all dry ingredients into the lard with a dough blender until it is of a fine mealy consistency. Then add milk and combine. Add small amounts of milk if too dry for rolling. It should make six 9-inch pies. If making more pies, repeat the recipe as it is not advisable to double the recipe.

## Meat Mixture

3 lbs. beef, a good cut  
3 lbs. pork, include fat  
3 lbs. chicken

(You can also use deer, rabbit, partridge or pheasant but always include pork.)

4 medium onions, grated  
1 1/2 tsp. black pepper  
1 to 2 tsp. salt  
1/4 tsp. sage  
1/2 cup water

Cut beef and pork into chunks and remove chicken skin. Combine all ingredients in a large pot or dutch oven. Stew slowly over low heat for 3 to 4 hours until meat falls from the bones. Remove from heat and cool overnight. Then very carefully remove all bones and gristle (best done by hand). Grate one more onion into the meat and mix. This mixture is enough for approximately 12 to 14 9-inch pies. Do not discard any juice from the meat.

Roll out pastry (not too thick) for top and bottom crusts for 9-inch pie plates. Fill bottom pastry with 1 to 1 1/2 inches of meat mixture. Cover with top pastry. Bake in 350°F oven for about 15 to 20 minutes until golden brown. Serve hot; it's nice with cranberries.

Anne Marie Currie  
Sydney, N.S.

## Golden Corn and Potato Chowder

One of the buzz words among food authorities these days is "comfort" food which is typified by traditional favorites that families have enjoyed for generations. Among such heritage dishes is old-fashioned corn and potato chowder that's at its best when prepared Atlantic Canadian-style with salt pork or bacon as a flavor enhancer. I made the chowder on top of the stove the way my mother and grandmothers cooked it until two years ago when I began to use a microwave oven. I adjusted the amounts of the ingredients, added fresh-frozen corn

kernels and finally arrived at this high-tech recipe which is a creamy-smooth, delicious version of one of the best of all "comfort foods."

1/2 cup finely diced salt pork or bacon  
1/4 cup finely chopped onion  
2 cups (3 to 4 medium) potatoes, peeled, cut into 1/4-inch dice  
19 oz. cream-style corn  
1 cup frozen corn kernels  
2 cups milk  
salt & pepper to taste  
chopped parsley or green onion for garnish (optional)

In a 2-quart microwave-safe casserole place onion in centre with salt pork or bacon around edge. Cover with waxed paper to prevent splatter. Cook at 100 per cent power 3 minutes or until fat is rendered and onions are tender and translucent, stirring once. Arrange potatoes on top of pork and onions. Cover with microwave-safe top or plastic wrap and cook at 100 per cent power — 5 to 6 minutes or until potatoes are tender, stirring once or twice during cooking time. Let stand 3 minutes. Stir in corn and up to 2 cups milk for desired thickness. Add salt and pepper. Heat at 100 per cent 3 to 4 minutes or until hot, stirring twice and tasting to check temperature. Garnish with parsley, onion or crumbled cooked bacon.

Mary Mouzar  
Halifax, N.S.

## Cabbage Scallop

Both my grandmothers were good cooks. I have very few recipes from my paternal grandmother for all hers were in her head. When she told someone how to make something, the instructions might be, "butter, a good spoonful, some molasses, an egg or two, and flour to make a stiff batter." The two recipes I do have were painstakingly acquired by my mother who listened, watched and recorded on a number of occasions while Gram made my father's favorites. Recipe or not, Gram's food was imaginative and tasty.

My maternal grandmother was equally good and she kept a well-filled recipe notebook. It belongs to me now and evokes endless memories of friends and relatives with recipes such as Nellie F's Cream Pie or Laura's Beet Pickles. Grandmother also made lots of everyday dishes that probably seemed too simple to write down.

No doubt this was the case with her Cabbage Scallop too. All of us remember eating it, but not how to make it. With a little experimenting I've come up with a reasonable facsimile.

2 cups of cooked cabbage, cut quite fine  
1 cup milk with 1 egg beaten into it  
1/2 tsp. salt  
1/2 tsp. pepper

1 tsp. parsley  
2/3 cup cracker crumbs  
1 small onion, finely diced

Put all ingredients in a casserole dish and mix well. Smooth the top and sprinkle with a few more cracker crumbs. Dot with bits of butter and sprinkle with grated cheese if desired. Bake at 350°F for 45 minutes or until golden and bubbly. Served with crisp salad, rolls and cold meat, this makes an easy supper dish.

Dawn Bremner  
Jemseg, N.B.



## Fond childhood memories are revived in the baking of Cranberry Loaf moist with orange juice

### Grandmother's Cranberry Loaf

This recipe has been in my family for many years. I remember visiting my grandmother and we would go out picking the ocean-sprayed cranberries. Then she would bake this beautiful loaf. My family still enjoys it today and we are fortunate enough to be able to pick the cranberries. Just having this recipe to share with my family is a joy to me. I hope your readers will also enjoy it.

2 cups sifted flour  
1 cup sugar  
1 1/2 tsp. baking powder  
1/2 tsp. salt  
1/2 tsp. baking soda  
1/4 cup margarine  
1 beaten egg  
1 tsp. grated orange peel  
3/4 cup orange juice  
1 1/2 cups light raisins  
1 1/2 cups cranberries

Sift flour, sugar, baking powder, salt and baking soda in a large bowl. Cut butter until mixture is crumbly. Add egg, orange peel and orange juice all at once. Stir just enough to moisten mixture. Fold in raisins and cranberries. Spoon into a large loaf pan. Bake in 350°F oven for 70 minutes. Cool on rack.

Donna Goodwin  
Larry's River, N.S.



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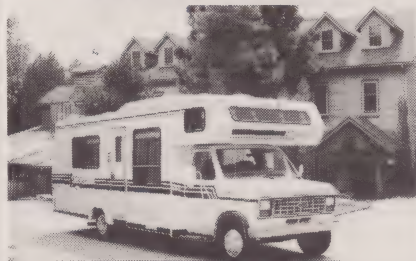


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## SUMMER COOKING



### *Oatcakes from our Scottish ancestors are a tasty snack with mild cheese and High-bush Cranberry Jelly*

#### Nova Scotian Oatcakes

My mother-in-law gave me this recipe nearly 20 years ago and I believe it originally came from the Inverary Inn in Cape Breton. We altered the recipe, substituting butter for part of the shortening and using some whole wheat flour instead of all white thus improving the flavor. These are best when made with the large flake old-fashioned rolled oats or stone ground oatmeal from Balmoral Mills.

- 1 1/2 cups butter, part can be margarine
- 1/2 cup shortening
- 1 cup sugar, white or brown
- 1/4 tsp. salt
- 2 tbsp. cold water
- 2 cups white flour
- 1 cup whole wheat flour
- 3 cups rolled oats

Make sure the butter is at room temperature so that it will be soft. Cream butter and shortening with electric mixer until light and fluffy. Gradually beat in sugar. Add cold water, 1 tbsp. at a time. Add salt. Mix in flour, 1 cup at a time on low speed of mixer. Stir in rolled oats. Dough will be soft and it will handle more easily if chilled.

Roll out to desired thickness (between 1/8- to 1/4-inch) on a board dusted with flour and rolled oats. Sprinkle oats on the top of the dough when rolling to give an attractive appearance. Bake at 350°F for 10 to 12 minutes until slightly browned around the edges.

Sandra Nowlan  
Halifax, N.S.

#### Mary Rush's High-bush Cranberry Jelly 3rd place

When I was growing up, a special treat with dinner at Grammy Haines' house in Moncton was high-bush cranberry jelly. She always served this

ruby red, uniquely flavored jelly with chicken or ham, and she was the only person I knew who made this very treasured treat. Was it providence that led me to fall in love with a man from northern Maine who, to my delight, had a mother who also made this jelly?

High-bush cranberries are not true cranberries. They're the bright red berries found on a tall shrub, *Viburnum trilobum* of the honeysuckle family, sometimes grown as an ornamental. Mary Rush experimented with her jelly recipes and found that with some modification, the Certo recipe for black currant jelly works well with the high-bush cranberries.

- 5 cups high-bush cranberry juice (about 2 quarts berries)
- 7 cups sugar
- 1/2 bottle liquid pectin

Stem and thoroughly crush berries. Add 3 cups water. Bring to a boil and simmer, covered, for 10 minutes. Extract juice by pressing berries through a sieve to remove seeds and skin or place cooked berries in a jelly bag and squeeze. Measure juice.

Combine 5 cups juice and 7 cups sugar in large, 4-to 8-quart saucepan. Place over high heat and bring to a boil, stirring constantly. At once stir in 1/2 bottle liquid pectin. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat. Skim off foam with a metal spoon.

Pour immediately into sterilized jars, filling to 1/4 inch from the top. Seal with 1/8-inch layer of paraffin wax or two-piece metal lids. Yield: 8 cups.

Nancy Reddin  
Mount Albion, P.E.I.



### *The ingredients for mincemeat vary in each recipe. Its use year-round goes beyond pie filling*

#### Apple Mincemeat

Making my apple mincemeat has been an annual ritual since away back when. While attending the Provincial Exhibition



## SUMMER COOKING

at the Forum in Halifax, the late Mrs. Anna Dexter gave me a recipe book, *65 Apple Recipes*, published by the Nova Scotia agriculture department. She was working in a booth sponsored by the department and the Fruit Growers Association. The apple is called "the king of fruits." They are both food and medicine.

1½ scant quarts sliced green tomatoes  
2 oranges  
2 cups apples  
1 lb. raisins  
3 cups brown sugar  
2 tbsp. mixed ground spice  
½ tsp. ground nutmeg  
½ cup vinegar

Put tomatoes through a food chopper, sprinkle lightly with coarse salt, let stand over night. Drain well. Add oranges and apples that have been put through a food chopper; simmer slowly for 2 hours. Add sugar, spice, raisins (rinsed), vinegar and simmer an hour longer. Stored in sterilized jars, the product will keep indefinitely. Makes four 16-oz. jars.

Mrs. John Meisner  
Upper Blandford, N.S.

### Morton Mincemeat

In years gone by, preserving, salting and drying were serious if not almost life and death matters for the early settlers contending with severe Canadian winters. Mincemeat, a preserve originating centuries ago in Europe, used the surplus meat of autumn, mixing it with sugar-containing ingredients.

This recipe, featuring apples and strawberries, both of which are grown extensively here in the Annapolis Valley, was my grandmother's, and although it's a favorite pie filling it also finds its way into muffins, cookies and even cheesecake.

3 lbs. fresh lean venison or beef, boiled until done; when cold, put through meat grinder; save some of the meat broth  
1 lb. finely ground suet  
5 lbs. Spys (or similar firm apples), peeled, cored and sliced;  
partially cook apples in a small amount of meat broth  
2 lbs. seeded raisins  
1 lb. currants  
¾ lb. mixed peel  
1 grated nutmeg  
2 tbsp. mace  
1 tbsp. allspice  
1 tbsp. salt  
2 tsp. cinnamon  
1 tsp. cloves  
1 quart very dry sherry  
1 pint brandy  
½ cup cider vinegar (optional, depending on desired sweetness)

Cook in heavy pot, uncovered. Stir frequently to prevent scorching. In the last half hour add:

1 lb. brown sugar  
1½ cups cooked strawberry jam (not freezer jam)

Be especially careful of scorching at this stage. Cook until mincemeat cooks down to correct consistency for pies. While hot, bottle in sterilized air-tight jars. Do not use for at least 24 hours.

Charlene Morton  
Middleton, N.S.



### *Cranberries grow wild throughout the region and find a place in a Steamed Cranberry Pudding*

#### Steamed Cranberry Pudding 2nd place

I grew up on a farm where nothing was wasted. We were lucky to have a patch of cranberries at the back of our farm near the water. We used everything we grew or picked for cooking. Cranberries were tried in a pudding in place of raisins. We all liked the taste of the cranberries so I've been making this pudding ever since.

3 tsp. soda  
¾ cup molasses  
¾ cup boiling water  
2 cups flour  
1 ½ tsp. baking powder  
1 ½ cups cranberries

Add soda to molasses and the boiling water. Sift flour twice. Combine with other ingredients. Add baking powder and cranberries. Steam for 2 hours.

#### Sauce

½ cup cream  
½ cup brown sugar  
¼ cup butter  
Stir and cook over boiling water for 15 minutes.

Virjene Cole  
Kensington, P.E.I.

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## Open season on shark — a new addition to the barbecue scene

Several varieties of this scary fish are caught in Nova Scotia waters. The "meaty" texture makes it ideal for cookouts

by Nancie Erhard

**S**hark has acquired a surprising new image. Slowly but surely, cooks all over the continent are finding they have nothing to fear from shark. In other parts of the world — the Caribbean, Mediterranean and Asia — it's been popular for years and ranks third among the principal food fish in Australia. But until recently most North Americans remained leery of shark and unaware of its special advantages.

Not as strong in flavor or as dry as tuna, shark has a distinctive taste that's at home in spicier dishes, even those as hot as the trendy blackened fish. And it holds up nicely in dishes with a variety of ingredients, such as a stir-fry.

But the best news for fish-loving barbecue fans is the texture of shark. Although each variety of shark is somewhat different, all the shark landed from the waters off Jeddore and Sambro and in St. Margarets Bay has a firm texture that makes it hold together. So it's ideal for cooking right on the grill where it's seasoned with all the smoky flavor from the coals.

"Barbecuing is part of an easy, relaxed way of cooking and eating," says Estelle Bryant of the Nova Scotia department of fisheries, "and shark is a lean fish which cooks quickly, without any fuss.

The shark that's grilled on barbecues is not, however, the Great White shark which had a starring role in *Jaws*. There are several species available locally, ranging in average size from five to 14 kilograms (about 12 to 30 pounds).

Seafood restaurants offer shark on their list of specials. The Five Fishermen in Halifax for instance serves Mako, which sous chef Steve Rethy says is "the best shark." He prepares Mako steaks different ways — grilled, broiled and naturally, barbecued — after it's been marinated in a wine sauce which, says Rethy, changes the flavor of the shark. "I find shark doesn't really taste like fish," he says.

Mako shark has a texture similar to pork, and its meat, usually sold as steaks, is somewhat reddish in color when you see it on display. Its flavor is probably the strongest of all local shark. Blue shark, although a close relative of Mako, has creamy white flesh and a more tender, melt-in-the-mouth texture. When buying

both of these sharks, look for bright, iridescent skin (the Blue shark's is a blue-black color) and firm, not mushy flesh.

The best time to find shark in the fresh fish stores (or in full-service grocery stores with special fish markets) is during July and August, when both the shark season and barbecuing season are at their peak.

When buying and cooking shark it's important to know the fish has been correctly handled. A faint smell of ammonia from fresh shark (which disappears when it's cooked) is perfectly normal, a common feature of non-bony fish. The



skeleton of a shark is made from cartilage, not bone. But a strong smell of ammonia is a clue that the fish was not properly processed or kept cool after it was caught — it has to be bled and packed in ice right away. You too, have to keep it cool and use it within a couple of days of purchase — the sooner the better. Many cooks, including the late James Beard recommend marinating shark in a sauce that's high in acid, such as citrus juice, tomatoes or vinegar, which completely neutralizes any ammonia smell and adds a tangy taste.

When cooking shark, imagination is the best guide; don't be shy with a shark, you can afford to be daring. Try it in recipes calling for swordfish. Experiment — deep-fry it, grill it, try it in stir-fry. Milk-based casseroles, however, can be a bit tricky, especially if shark is the only fish ingredient. It's best to use it as a bit player in any dish where the juices are

confined; try just a little in *paella*, or when using a pound each of three different kinds of fish in a chowder add half a pound of shark. Of course if you do barbecue it, you get to watch your neighbor's face when you say you have shark in your back yard.

### Shark in a Chinese Garden

- 2 lb. shark steaks (fresh or thawed)
- 2 tbsp. vegetable oil
- 1 cup green onions, chopped
- 1 cup celery, finely chopped
- 1 cup water chestnuts, sliced, drained
- 3 cups bean sprouts, fresh
- 1 cup snow peas
- 1 tbsp. soya sauce
- dash of white pepper
- 1 tbsp. cornstarch
- 2 tbsp. water

Prepare all the vegetables in advance. Cut the fish into bite-size pieces. Heat vegetable oil in a large wok. Cook the fish, stirring constantly with chopsticks or a wooden spoon. Do not brown the fish. Remove fish pieces to a plate. Drain and reserve liquid. Add all of the vegetables to the wok. Stir-fry the vegetables for about 5 minutes until they are just cooked, but still crisp. Add the reserved liquid, soy sauce, and white pepper. Stir and add the fish. Dissolve the cornstarch in the water and quickly add to the fish and vegetables. When liquid thickens, serve over a bed of rice. Serves 4 to 6.

### Saucy Italian Shark

- 2 lb. shark steaks
  - 7½ oz. tomato sauce
  - 1 tsp. horseradish
  - ½ tsp. salt
  - ½ tsp. oregano
  - 1 cup sour cream
  - 1 tbsp. chopped chives
- Combine tomato sauce, horseradish, salt and oregano. Reserve at least half of the sauce mixture to add to sour cream. Brush fish with tomato sauce mixture while fish is cooking. Cook steaks for 8 to 10 minutes per side. Mix sour cream with the remaining tomato sauce mixture and heat on grill (in metal saucepan or other heat-resistant dish) while the steaks are cooking, then serve it over the steaks with chopped chives sprinkled on top. Serves 4.

### Tangy Dill Sauce

A dill sauce can be used on the barbecue or under the broiler with shark. Dill is always good with fish, the horseradish and onion provide the zip that a strong-tasting fish (such as mackerel, swordfish or shark) can take.

- 1 tbsp. lemon juice
- 1 tbsp. horseradish
- 2 tbsp. chopped onion
- ½ tsp. dill weed

Mix all ingredients together. Baste with sauce while barbecuing or broiling. ☑



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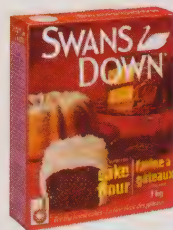
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A seafood-laden table at *La Fine Grobe sur Mer* offers the added flavor of an ocean view

## A gastronomic guide

*It sounds like a lesser-known Lyons — a gourmet's find hidden away on New Brunswick's north shore. Four restaurants offer "specialités de la région" and a mélange of local and foreign cuisines*

by Mary Jane Losier

**S**imple nutritious food, prepared as fresh as possible." That's the philosophy behind chef Girard Paulin's cooking. He's the owner of the **Hotel Paulin**, and says his menu features mainly fish dishes in the summertime. These are especially appreciated by tourists.

"The people in Caraquet can have fresh fish whenever they want it, and most of the women have their own special methods of preparation, so they prefer spaghetti or other meat dishes," says Paulin. Set back about 400 feet from the road on Caraquet's main street, Boulevard St. Pierre, the hotel has been in the family for 96 years. Paulin is the third generation to manage the business. His favorite recipe book is an old scribbler that his mother used to jot down some of her recipes in pencil.

Caraquet social worker Jean Jacques Losier says he and his family frequently dine here not only because of the good food, but because of its rustic features. "It's different from the fast food places," he says. Colleagues at the clinic where Losier works dine at the Hotel Paulin on special occasions and often order frogs legs.

Paulin says the quiche recipe is very popular with the local clientele. It comes from his mother's scribbler.

### Quiches au Crabe

3 single 9-inch pie crusts  
1 lb. fresh crab meat  
3 cups grated swiss cheese  
6 eggs beaten  
¾ cup chopped green shallots  
1½ cup light cream  
1½ cup milk  
1½ tsp. salt  
1 tsp. grated lemon rind  
1 tsp. dry mustard  
1¼ tsp. nutmeg  
mushrooms and almonds sliced, enough to garnish

Cover the bottom of the pie shells with the crab meat and sprinkle over with grated cheese. Mix all other ingredients and pour over the cheese and crab. Garnish with mushrooms and almonds if desired. Bake at 325°F or medium heat for 45 minutes. Serve with rice and green vegetables. Makes 3 quiches.

**E**ven by Vancouver standards, **La Fine Grobe sur Mer** is unique, says Estelle Caplan, a West Coast resident who travelled to New Brunswick to visit friends and tour the province. Caplan not only enjoyed the savory Seafood in a Shell at the outside Café-Terrasse of La Fine Grobe, (literally translated as "fine food") she also appreciated the ocean breeze and

the magnificent view of the Baie des Chaleurs.

La Fine Grobe is an art gallery, gourmet restaurant and, as of 1987, an auberge offering vacation packages that include meals. Overlooking the Baie des Chaleurs in Nigadoo on route 134, it has garnered international acclaim in the 10 years or so it's been open.

Not the least of its attractions is the fine Acadian and French cuisine prepared with all local ingredients, including herbs and spices. In good French tradition, many of the vegetables and herbs used are grown on the property. Chef Georges Frachon, who comes from France, says, "I have no hat, no diploma," meaning he's not a trained chef. "I just like cooking and I follow my intuition."

### Rabbit in Garlic

Chef Frachon cautions that the rabbit has to cook slowly in its own juice, and to add the garlic only at the end before covering.

1 fresh rabbit, cut in pieces  
1½ tbsp. olive oil  
1 tsp. salt  
1 tsp. freshly ground pepper  
15 cloves garlic, peeled and left whole  
parsley sprig

In a heavy frying pan, sauté the rabbit pieces in the olive oil until well browned. Add salt, pepper and garlic cloves. Cover the pan and simmer for up to 2 hours or until the rabbit is tender. Check occasionally to make sure the liquid has not evaporated. Serve with white rice or plain boiled potatoes and garnish with parsley. Serves 4.

### Acadian Wild Blueberry Pâté

5 cups unbleached all-purpose flour  
pinch of salt  
3 tbsp. sugar  
1 lb. butter at room temperature  
1 egg  
1 cup ale (bière blonde)  
3 to 4 lb. wild blueberries  
about 2 cups of sugar, depending on berries  
¼ cup butter, cut into pieces, softened  
1 egg  
cream

### Pastry

Combine flour, salt and 3 tbsp. sugar in a bowl. Cut in 1 lb. of butter with pastry blender or two forks until mixture is of crumbly consistency. Do not use fingers. Beat 1 egg in separate bowl; stir in ale and lemon juice. Gradually add some liquid to first mixture, stirring to mix. Do not add all the liquid at once since it may not be needed, depending on flour and weather. Form 5 balls of dough; moisten them with water without letting them become sticky. Cover and refrigerate 1 hour.



# SUMMER COOKING

## Filling

Combine berries with some of the sugar, adding just enough to sweeten. Roll out a ball of cold dough on lightly floured board to make a thin rectangle large enough to cover bottom and sides of a well-buttered and floured glass loaf dish. Add a layer of blueberry filling; dot with small pieces of butter. Continue rolling dough and layering (about four times) until dish is filled, ending with dough; crimp edges. Cut small vent holes on top of dough with knife. Mix remaining egg with 1 tbsp. water; brush gently over top of pâté.

Bake in preheated 350°F oven until the bottom layer is no longer transparent, but golden brown. Allow 1 hour of baking after the first sign of bubbling berry juice (about 20 minutes). Time depends on size of pâté and number of layers. Place a large jellyroll pan on the rack below the pâté to catch any juicy overflow. Cool on wire rack. Serve warm with cream.

Serves 12 or 14, but may be halved.

**K**eeping the recipe simple, bringing out the natural flavors and paying special attention to the ingredients are the important considerations chef Helga Reher gives to her cooking. She's the owner and chief cook of the family-run **Bonaventure Lodge and Motel** in New

Mills, about 10 miles north of Jacquet River.

Reher offers a varied Canadian and European menu. "Tourists come with the idea just to eat seafood and they are surprised to see they can get something they never thought they could get here, such as *Wiener Schnitzel*," she says. Her recipes come from "home," her native Germany, but also include Austrian, Hungarian and French cuisine. Most customers choose scallops, lobster, clams and other seafood harvested fresh from the nearby Baie des Chaleurs.

Mary and John Neelman are from Nigadoo near Bathurst and eat regularly at the Bonaventure. Their favorite dish is the fresh lobster platter. Mary says they enjoy dining in the balcony area, a section of the restaurant built over a rocky ledge. Looking down they can see the waves lapping the shore and nearby is historic Heron Island, site of the first European settlement in this part of the province. Two years ago a film crew used the lodge as headquarters for a television adventure series set on Heron Island.

Reher says reservations are necessary if people wish to dine on the balcony. The lodge is open from May 1 until mid-October. The recipe for this dish served at the Bonaventure comes from northern Germany.

## Rote Gruetzen

(A refreshing summer dessert of fresh wild berries.)

- 1 ¼ cups raspberries
- 1 ¼ cups red currants
- 1 ¼ cups sour cherries
- 1 cup sugar
- 4 ½ cups water
- 4 tbsp. corn starch
- 1 cup fresh cream

Clean berries and pit cherries. Boil water with sugar then add all fruit. Simmer for 10 minutes. Dissolve corn starch in cold water and add to the mixture. Bring to a boil and stir until it thickens. Chill and serve with fresh cream. Serves 6. Other wild fruits such as gooseberries, cranberries or black currants may be substituted.

**C**afé Rosana is like a small, peaceful oasis in the Bathurst Supermall, a busy indoor shopping centre. It's owned and operated by Roswitha Derbuch and specializes in European desserts, but diners can also enjoy a variety of European and Canadian dishes. These include quiches, or the speciality — mushroom and shrimp *crepes* — all served with tossed green salad featuring Derbuch's own famous dressing. Also on the menu are home-made meat pies, baked chicken and salads of every description.

Derbuch, who began her business in 1985 with the café, now has a busy catering and consultation service. She helps local restaurants and hotels with menu planning and kitchen organization. Her secret, she says, is her organizational ability. "I never waste time," Derbuch began the business after her children left home to study. "I was alone and I wanted something to do," she says, "and I liked to cook." She uses no preservatives or flavor enhancers, and insists on only fresh foods and vegetables as ingredients.

Besides the excellent food, Bathurst teacher Clara Goguen says she and her friends continue to patronize Café Rosana because "the friendly and personal service is exceptionally good." Derbuch always has time to chat with her customers, Goguen says.

The tables have fresh flowers, and the walls are decorated with photographs of Bathurst by local award-winning photographer Chistopher Lovergrove.

## Maple Syrup Tarte

- 1 unbaked 9-inch pie shell
- ½ cup unsalted butter
- ½ cup sugar
- 3 eggs
- 1 cup maple syrup
- 1 cup pecans chopped

Cream butter, sugar and eggs together. Add maple syrup. Fill unbaked pie shell, sprinkle pecans on top. Bake in 375°F oven for 40 minutes.

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COLE HARBOUR HERITAGE SOCIETY

## Meet me at the market

*Nova Scotia's rural community markets play different roles from their city cousins — sometimes preserving a lost heritage or restoring an old building*

by Ann Ames-Warman

**F**armers markets are Saturday morning places where people wander among stalls filled with fresh crisp produce, mouth-watering baked goods and beautiful hand-made crafts. Visits to the market are a regular and enjoyable ritual for many Nova Scotians, and the popularity of local markets has increased in the last few years. Each one has a different character, lent to it by the area of the province in which it's located, and the impact of farmers markets reaches far beyond the vendors' tables and consumers' shopping bags.

The Farmers' Market Association of Nova Scotia was formed in 1982 to assist members in their endeavors to apply for government assistance for markets as well as to co-ordinate bulk purchases of items used by the markets. The logo, a caricature of a farmer with his goods and the slogan, "Meet Me at the Market," gives a sense of continuity to the markets

spread throughout the province.

The number of markets in Nova Scotia has grown from five to 20 over the past two years through the combined efforts of the association and the markets themselves, as well as active support and encouragement from both the federal and provincial departments of agriculture. Not all are located in city centres and the markets of smaller communities have a purpose and charm of their own.

Driving past Dartmouth to the Cole Harbour Heritage Farm Market is an experience in itself. The farm is a rural oasis in the midst of upscale housing developments and malls. To some it may seem oddly out of place, but this farm is what Cole Harbour has always been — a thriving market-garden area for over 150 years. The original inhabitants settled here to work this fertile land in order to produce vegetables and fruits to supply the city of Halifax which is situated on poor, rocky soil. Today, through this

working farm, the Cole Harbour Heritage Society is keeping alive a community tradition. It also serves as an educational opportunity for the young people in the area.

Elizabeth Corser, a member of the Heritage Society who is devoted to keeping the agricultural heritage of the community alive, says, "We not only want to keep this farm looking like one of the original farms in Cole Harbour, but keep it a working farm. We see the farm as a means of educating suburban children to the importance of where their food comes from and what's involved in producing it."

The farmers market is located in the barn and offers fresh produce, baked goods and crafts. It's quite small with only five vendors. One is Ira Settle, a descendant of some of the original inhabitants of Cole Harbour. His family has been involved in marketing produce since the early 1800s.

The market opens in July with special entertainment, and the season is busy with activities such as traditional craft demonstrations and oxen and draft horse rides for children. Two long-term projects involve establishment of a herb garden and re-instating older varieties of flowers.

Farmers markets have often used vacant land or old buildings that may well have been lost to redevelopment. The



# SUMMER COOKING

market in Tatamagouche is located in an abandoned train station. James LaFrense, manager of the market, says, "I grew up beside the train station and spent many hours playing there and talking with the stationmaster. When the station was to be closed, my first thought was how to preserve it."

In 1974, when the station was closed, LaFrense leased it to prevent it from being torn down and subsequently purchased it in 1980. The old train station was used for everything from a flea market to an art gallery until the farmers market was opened in 1985.

"In our first season, we had an excellent response for a small market," says LaFrense, "and when the train went by, it would cause quite a stir." The train no longer makes the run, but the market is thriving and offers home baking.

Most of the customers are local people and cottagers. LaFrense says, "We have a regular clientele ranging from 20 to 90 years of age and some of them walk a good distance to purchase fresh goods at the market. I believe it's because of an enthusiasm for the personal atmosphere of the market, and an appreciation of the quality of the goods offered. In fact," he adds, "vendors who don't maintain high standards of quality don't last at our market." The market opens in July with

a band to kick off the season, and it winds down with the Tatamagouche Octoberfest in the fall.

The newest market in Nova Scotia, to open this month in Liverpool, is the Queens Farmers' and Traders' Market, a project of the Liverpool Development Commission. Ina Beaver, the market manager, says, "After seeing how successful farmers markets were in other communities, we felt that a market would add to the economic growth and attractiveness of Liverpool."

The decision on the hours for the market presented some problems. The commission had to contend with the fact that many people in Liverpool leave town on weekends to spend time at their cottages. Thursday evening from 3:30 to 8:30 p.m. was chosen for market time. "Most of the people in the area get paid on Thursdays," says Beaver. "Normally they do their shopping after work and then go home. We hoped that by opening the market at this period they would spend more time in town."

She adds, "We hope to make the market a family event, one which will bring people in to town to shop and then to stay over the supper hour." There are plans to sponsor a different event each week such as a bean supper or a corn boil, and to provide live entertainment

as well. "We'd like to make the area a nice place to spend a Thursday evening," says Beaver.

The market building has a simple and attractive open-plan structure and makes use of a lot which has been vacant for many years. It's located on Henry Hensley Drive, an accessible and pleasant location overlooking the Mersey River. The usefulness of the building will extend beyond market season. "Any organization in the county will be able to rent the building for auctions, flea markets or Christmas tree sales," says Beaver. "We hope this building, and the improvements made to the site will benefit the whole community as well as the vendors and customers who come to the farmers market." Farmers markets in Nova Scotia are not merely places to buy fresh produce. They serve to educate the consumer, improve the economy and appearance of their community, encourage the growth of agriculture in the province and perpetuate local heritage.

## Blueberry Cake

½ cup butter  
2 cups white sugar  
2 eggs  
1 cup milk  
1 tsp. baking soda  
1 tsp. salt  
3½ cups flour  
1½ tps. lemon extract

Cream together butter and sugar and add eggs. Sift together baking soda, salt and flour. Mix milk with lemon extract. Combine dry ingredients and milk mixture alternately with creamed mixture. Fold in 1 quart of blueberries and pour into a greased 9-inch by 13-inch pan.

Sprinkle with a mixture of 2 tsp. white sugar and 1 tbsp. cinnamon. Bake at 350°F for 1 hour.

Combine ½ cup of melted butter with 1 tbsp. fresh lemon juice. Prick cake with fork and drizzle over warm cake. Serve with fresh whipping cream.

*Tatamagouche Farmers Market*

## Pickled Mustard Beets

1 peck (8 quarts) beets (cooked and diced)  
*Dressing*  
2 quarts vinegar  
2 lbs. brown sugar  
1 cup flour  
2 tbsp. mustard  
1 tsp. pepper  
1 tsp. salt

Mix dry ingredients to a dry paste with a portion of the vinegar. Boil the remainder of the vinegar and add the paste. Add diced beets to the boiling vinegar and cook for 10 to 15 minutes (watch carefully, as it burns easily). Pack in sterile jars.

This recipe originates with the late Mrs. Hattie Harris, who lived at the Cole Harbour farm for 70 years.

*Cole Harbour Heritage Farm Market*

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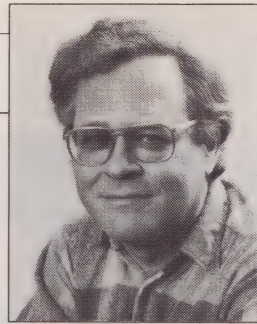


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## Heralding an age of illiteracy

**T**he Halifax Herald Limited promotes the future of journalism in Nova Scotia by dishing out Recognition Awards to high school students who've written good stories and reviews, and taken good photos for the Herald's *Senior School Profile*. This is worthy corporate behavior by an outfit that publishes the daily boast, "*The Chronicle-Herald and The Mail-Star* stand for the Atlantic Provinces' progress and development and are dedicated to the service of the people that no good cause shall lack a champion and that wrong shall not thrive unopposed."

But regular readers of the Herald dailies may be forgiven for feeling that its setting itself up as a patron of journalistic excellence among teenagers is a little like Ghenghis Khan's serving on a committee for the abolition of capital punishment. When the awards program began, a Herald reporter quoted a Herald official to the effect that *Senior School Profile* "has put more emphasis this year on a journalistic style of writing." In the pages of the Herald papers, that often means an illiterate style of writing.

No newspapers of comparable size anywhere in Canada better fit U.S. columnist James J. Kilpatrick's dismal assessment of American papers. "To read almost any American daily today," he complained in the *Washington Journalism Review*, "is to conclude that copy editors have vanished as completely from our city rooms as the ivory-billed woodpecker has vanished from the southern woodlands. We appear to have reared a generation of young reporters whose mastery of spelling, to put the matter mildly, is something less than nil. In today's hushed and antiseptic newsrooms, the path from the video display terminal seems to run straight to the waiting press. Once there was a white-haired geezer in an eye shade to intercept a reporter's copy, and to explain gently but firmly to the author that *phase* and *faze* are different words, and that *affect* and *effect* ought not to be confused. The old geezer has gone, and literacy with him."

Kilpatrick's lament suggests the Herald papers are scarcely alone in their flight from literacy, and so do the questions of John B. Bremner, who recently retired as distinguished professor of journalism at the University of Kansas: "Why is it that every issue of every newspaper that I've ever studied professionally is *replete* with errors? Why is it that, recently, I read one issue of one of the

leading newspapers in the country — it took me 13 and a half hours — and I had enough material for 10 pages, single-spaced, for commentary on errors?"

Inured to newspaper blunders as they are, even Kilpatrick and Bremner might well be appalled by the Herald. Some years ago, one of its reporters referred to jazz musician Duke Ellington's *Mood Indigo* as *Move Into Go*, and things have not improved. Only last spring, a big head on the business pages blared, "Monthly trade surplus sores." Monthly sores are a burden no trade surplus should have to bear.

*Sores* sounds like *soars*, and *parody* sounds like *parity*, which is why the Herald recently told readers a union wanted to discuss *wage parody* with the government. As labor negotiations go, the talks must have been exceptional for their wit. Since it's hard to find a real word to rhyme with *neutral*, a three-column head in the Herald papers recently declared, "Aquino cautions military to remain *neutral* in election."

You can be a Herald sports reporter without knowing that the real meaning of *decimate* is to kill one in ten mutinous soldiers; or to destroy a tenth, or a big proportion, of something. "A boycott," Herald sports pages told us, "has *decimated* much of the track and field competition here." What a slaughter! Why wasn't the story on the front page? You can work for the Herald papers and write, "Mr. Levy said there *hasn't* been too many reports," when you should have used *haven't*, and still have the doubtful satisfaction of seeing your boner appear in print under your byline. You can even write, "Mr. Corbett said there *is* some groups doing illegal hunting," when you should have used *are*, and then see *that* in print under your name.

You can work for the Herald and simply refuse to make pronouns agree with their antecedents: "Cindy Roach, of Portland, Me., proves *anyone* can lose weight if *they* just make a solid commitment to *themselves*." Such mistakes are so rife in the Herald papers that the willingness to make them must be a condition of editorial employment.

You can be a head-writer for the Herald and tempt readers with such tantalizing labels as "Virginia planning busy summer," "Abundance of different kinds of trails available," "Italy a favorite holiday destination," and my latest favorite, "Japanese have a language all

their own." Imagine that. I have always thought they just spoke English, with funny r's.

You can write photo captions for the Herald and get away with stuff like this: "Leon, the African lion, plays with Pepper, a pet of animal trainer Bob Steele, while taking a break from their routine as display objects for spectators interested in exotic animals. The animals, at a facility in Sanford, Fla., are used in television commercials as well as being the subjects of school programs." Leaving aside the typo in *programs*, describing a dog and a lion in a zoo as display objects in a facility is marrying pomposity to gibberish.

The sloppiness is funny, but it's also sad. It's a symptom of lethargy, and indifference to excellence, among the brass of the editorial hierarchy. If the bosses don't care about the quality of what appears in their newspaper, the morale of the younger staff — no matter how smart, keen, and idealistic they start out to be — can't help but decline. Gloom settles over the display terminals. Feisty reporters slowly resign themselves to not learning anything that will make them better at their life's work.

You can work for the Herald for decades, advancing to senior editing jobs, and to status as a columnist with your mug in the paper, and still not even know that the literate abhor *irregardless*. " 'Irregardless' of how many people use this barbarous and utterly useless word," said Barry Bingham Sr., publisher of newspapers with standards of literacy in Louisville, Ky., "I must still regard it as less than the lowest standard of English." Still, it's good enough for the Herald. One of its vets wrote, "But if something about Nova Scotia, *irregardless* of importance, is criticized by someone from beyond our borders, pity help the accuser if he or she comes in contact with a bluenoser."

Pity help me. I'm from Toronto, and I'm criticizing something about Nova Scotia: the Herald papers. I guess I'll just have to take my chances when I meet bluenoses. But maybe they'll agree with me. Maybe even some of them think that a publisher rich enough to pump big money into myriad charities and do-gooding causes is also rich enough to turn his newspapers into something better than a national embarrassment. The quality of the Herald papers is a wrong, and as we all know, it's important that wrong shall not thrive unopposed. ☐





Sanchez King, Karen MacLeod and her mother Carolyn study together to gain a better understanding of their different traditions.

## Teaching the clergy the ecumenical way

*The Atlantic School of Theology is the only place in North America where Protestant and Roman Catholic clergy are trained together — a road to understanding*

by Sue MacLeod

It's 10 a.m. in Saint Columba Chapel, at the Atlantic School of Theology, and daily worship service is about to begin. As conversation hushes to a murmur and finally fades away, the organist slides onto his bench. Reaching out for a book to follow along you discover five volumes in a tidy row — the United Church service book, two Anglican prayer books, the Roman Catholic book of worship, and the hymn books of both the United and Anglican churches.

Such is the order of the day at the Atlantic School of Theology (AST), the ecumenical divinity school that's tucked away on a quiet street on the scenic Northwest Arm of Halifax. The school is hardly noticed by the larger community around it and the Rev. Ed Aitken, interim president, jokes that even cab drivers often have to ask where it is. But AST is well known in theological circles — it's the only place in North America where

Protestants and Roman Catholic clergy are trained together.

"We bring together the three major streams of the Christian tradition," says Aitken, "the Anglican, Catholic and Reformed traditions. The members of one denomination are forced to contend with the differences of the others. So our graduates have to know their own denominations very well, simply to have survived the debates in the common room and in classes."

There are 158 full-time students at AST. More than 60 of them are studying to become ordained priests and ministers. Not only do they share the same teachers, they also have the same curriculum four days a week, with Wednesdays set aside for denominational studies.

On a sunny spring morning, before chapel, Robert Richmond, a first-year Anglican candidate for ordination, takes part in a discussion class about recent church history with one Roman Catholic

and nine United Church students. Richmond, 39, finds that being with students from other denominations makes him examine his Anglican tradition very closely. "It forces you to question *what* you believe and *why* you believe it," says Richmond.

"Some of my best friends at the school are not in the Anglican community." He adds, "It's something that a year ago I wouldn't have thought possible." For the first couple of months he felt a bit threatened by the sheer numbers of United Church students. "But after you talk with them and listen to them for a while, you find that they're listening to you too."

This morning's discussion is about the Vatican II Council in the 1960s, when the Roman Catholic Church first took steps toward recognizing and working together with other denominations. (Later, the group will meet with more first-year students to hear a Roman Catholic faculty member lecture on the topic.)

The discussion is lively, with differing opinions and amiable laughter. At one point the professor, an Anglican priest,





**Ed Aitken: bringing together three major streams of Christian tradition to strengthen them**

poses a question that none of them can answer, and one young United Church student turns to the man at her side. "C'mon Sanchez," she says good-naturedly, "you're the only Roman Catholic in the room."

Sanchez King, 22, is one of about 100 students at AST who is not studying for ordination. Many of the larger group will go into lay ministry — working as prison or hospital chaplains, perhaps, or as religious teachers or counsellors. Another nine of the non-ordination students for the 1986-87 school year are special students, not enrolled in degree programs, from other traditions: Presbyterian, Pentecostal, Disciples of Christ, Christian Reformed and Salvation Army.

Sanchez King says, "The questioning nature of the school encourages discussion within the denominations as well as among them." For example, he adds, "I've heard many heated discussions among United Church students in the common room."

If the common room, where everyone meets for coffee, is in one sense a "heart" of the school — the chapel is another. Walking down to the chapel that overlooks the water at the base of the picturesque ten-acre campus, Carolyn MacLeod talks about both.

"I've been in some pretty heated arguments in the common room," says

MacLeod, 47, who's married to a United Church minister. "The issue of authority is one of the ones I got into for sure, with some Anglican students — the merits of whether to have bishops or a presbytery." She shakes her head and smiles. "We didn't come to any conclusions."

MacLeod and her 23-year-old daughter, Karen, have both completed their first year of study for the United Church ministry. She says the chapel is "visual evidence" of the spirit of the ecumenism. "The pews aren't fixed to the floor," she points out. They can be moved around, depending on which tradition is followed. (Roman Catholics, for example, usually leave the largest space between the priest and the congregation.) And the hanging behind the altar says "Oikoumene" — the Greek word for ecumenical, meaning the whole inhabited world. Students take turns planning services, with those from different denominations working together.

Up until two years ago, the Anglican and United students used to celebrate Holy Communion together during some of the services; Roman Catholics, by the law of their church, aren't permitted "intercommunion" with other denominations. The Rev. Richard Smith, a Roman Catholic priest who graduated from the school in 1985 remembers how hard this

was for the Catholics. "This was the time we all came together to celebrate what we shared," he says.

At the request of the Roman Catholic students, the entire school community agreed to stop holding intercommunion. "There was a lot of tension going into the discussion," says Smith, "and potential for difficult feelings. I was delighted and really impressed with how everyone handled it."

The question has now gone to Rome. The Catholic students went to Archbishop James Hayes of the Diocese of Halifax to request special permission for intercommunion and, says Hayes, "The situation has been described to the secretariat for promoting Christian unity at the Vatican." Hayes, a strong supporter of AST, helped establish the school 16 years ago.

In 1971, AST was formed by three schools that joined together to become one — the Divinity Faculty of the University of King's College (Anglican), Holy Heart Theological Institute (Roman Catholic) and Pine Hill Divinity Hall (United). During the late 1960s the three had shared some classes and resources. And by 1970, when Holy Heart closed, all three schools had suffered dwindling enrolment.

"It was a traumatic time for the church," admits Ed Aitken. But he also points to a positive reason that the schools combined. "The whole attention to ecumenism was growing very rapidly." At AST's inauguration ceremony, the role of an ecumenical school was described: "Not to minimize differences among various religious traditions, but to affirm the highest values of those differences."

Some schools, including the Vancouver School of Theology, bring together more than one Protestant denomination, while others share some aspects but remain separate in various ways. No other school has taken ecumenism as far as AST has — a fact that reaps praise, but criticism too.

A shortage of Roman Catholic seminarians has always been a problem; in 1986 only four of the 29 Catholic students at AST were preparing for ordination — three of them from Halifax and one from Antigonish. Most diocese continue to send seminarians to more traditional, all-Catholic schools outside the region.

Roman Catholic ordination students live together, away from the school, but in all other ways they take part in the regular routines of AST. Like all candidates for ordination, they are recommended by their church and will be ordained by their church after some supplementary instruction and a period of practice.

The Right Rev. Arthur Peters, Bishop of the Anglican Diocese of Nova Scotia, points to "immediate advantages in both understanding each other and working together" but, he adds, "there's always a concern that we honor our own tradition.





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## RELIGION



**Richard Smith: a deep respect for the beliefs of other religions**

And there are those who would say that isn't strong enough — that we need to do a better job of it."

The bishop values AST for providing "an understanding about community life in the Maritimes." Except for Queen's College, an Anglican seminary in St. John's, Nfld., it's the only divinity school in Atlantic Canada.

AST strives to respond to both the region and the world. "The South African situation, the Nicaraguan situation, the whole question of justice in women's issues — all of these are of concern," says Aitken. "And virtually everyone in the faculty is involved in the peace movement in one way or another."

In a student's third year, the focus is on "the church in the world," and each student spends time in an "outreach" ministry. These include working in a hospital for the mentally ill, a senior citizens complex, Hope Cottage (a community kitchen for homeless men), and Oxfam.

"They don't go in gown and collar preaching sermons," says Aitken. "They're working beside other professionals in the community. If that means washing dishes at Hope Cottage, that's what they do."

Many aspects of church life have changed since Aitken himself graduated from these same classrooms in 1965 (the school is located on the grounds of the former Pine Hill Divinity Hall.) The United Church has been ordaining women since 1936, "but there were only two female students there when I graduated," he recalls. Today women comprise 35 per cent of the student body.

In those days, as well, very few would have predicted the inclusive language that's now approved and encouraged

within the United Church. This involves, for example, alternating the use of the words "He" and "She" to symbolize God. Inclusive language is often used at AST, and at first it was one of those topics that stimulated what Bishop Arthur Peters describes as "creative tensions" within the school.

Right now ecumenism is less popular, both in Canada and the U.S., than it was 15 years ago. "But AST is a healthy teenager now," says Aitken. "We're no longer hearing the question, 'how long's it gonna last?'"

The true story of the school is the story told by students like Richard Smith. Looking back on his years at AST, the 28-year-old priest admits he came from "a sheltered Catholic family" and "really didn't know what to expect." He says, "I found I went through a gradual opening to the other denominations, a deepening respect for their traditions which they hold dear."

Like many AST students, he recalls particular moments. "I can remember one service that we had during Advent — a profound experience of being as one with these people."

As more and more clergy graduate from AST, the sense of community they share at the school may well carry into their work in the larger community. Smith was ordained in May and his closest friend, David Chisling, with whom he studied at AST, received his ordination one week earlier. "David has been a very important part of my formation," he says, "because of the support and friendship he's given me." In most places it would still be unheard of — one close friend from divinity school a Roman Catholic priest, and the other a United Church minister.



# Mixed feelings greet city market renovations

*Saint John's well-loved landmark may never look the same but some say the renovations are necessary for survival*

by Michael Prini

**T**he sights, sounds and smells of the Saint John City Market have been around since 1870. Back then it was strictly a farmers market, with freshly grown produce as its mainstay. And although there have been different trends in food preferences over the years, fresh food is once again enjoying popularity and the old market will probably be in business for at least another 100 years. This being the case, the Saint John City Market is ready to undergo a major five-year rehabilitation effort, to the tune of \$6.2 million.

Planning a renovation of a landmark as dearly loved as the City Market involves much more than just practical considerations of architecture. For this reason, when the architects first went to work, they asked both tenants and consumers what they would like during a major updating. "One of the points of view that everybody brought up was that the interior of the market was the important heritage element of the building," says Bob Boyce, the architect in charge.

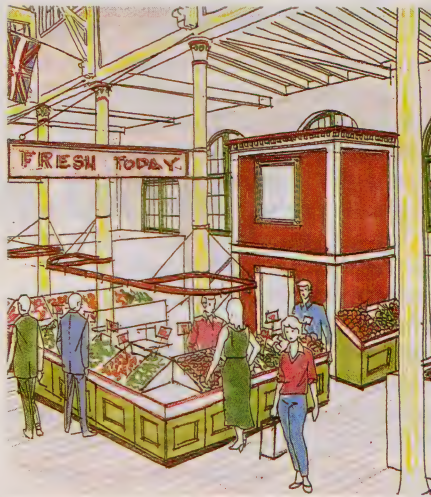
The project won the approval of the Saint John Common Council (City Council) when, in March of this year, a comprehensive plan was presented to them by the Market Square Corporation — the municipal body responsible for the market's day-to-day operation. Graphs, pictures and cost estimates were enough to entice council to give the proposal its rubber stamp, and work is due to start this summer.

Renovations have been going on at the city market for some time. Most of them have taken the form of emergency repairs, with the roof being re-laid and buttressed against the ravages of winter. The contract to carry out the five-year rehabilitation was given to a local firm, Mott, Myles and Chatwin. "Bricks and mortar are important," says Joe Fitzgerald, assistant general manager of Market Square Corporation. "But in addition to that you need someone working on marketing and a good interior designer."

Their big concern, and that of the city, tenants and shoppers, is to keep the market's distinct flavor intact throughout the rehabilitation. It's estimated that two million people — local residents and tourists — pass through the market in a year. So it's considered important to keep

a general appeal, while making sure that physical changes are made for future survival.

Twelve-foot-wide glass and steel extensions will be built along the entire length of both sides of the building. This will give merchants extra space for storage and garbage disposal, and will provide stalls for summer tenants as well as a place for shoppers to eat what they just bought, whether it be a sandwich, ice cream cone or a fresh crunchy apple.



Plans reflect wishes of tenants and shoppers

Another step will be to build a glass pavilion at the Germain St. entrance and to renovate along the market's side streets, which are mostly used by cars and trucks and have light pedestrian traffic. The side-street work is the first phase of the project, and hopes are high that storeowners along King St. or North Market St. will once again open their back doors to the expected outflow of shoppers.

One aspect of the project is not sitting well with many merchants in the general area. It involves a proposed link — either by tunnel or skywalk — to Brunswick Square, a fashion mall to the south across Germain St. Once completed, pedestrians would be able to walk indoors from the harborside Hilton International Hotel to Charlotte St., a distance of six city blocks. The worry is that King St., up-town Saint John's main thoroughfare, will become a street of banks, financial institutions and businesses that cater solely to them.

Over the past couple of years a number of stores on King St. have closed and moved to suburban malls, or simply succumbed to mall competition. A big blow came in early 1986, with the closure of Zeller's on King St., leaving a gaping hole of prime retail space on a once lively shopping street. Even Bob Boyce agrees that the mix of commercial and retail development along King St. will have to continue to be closely monitored.

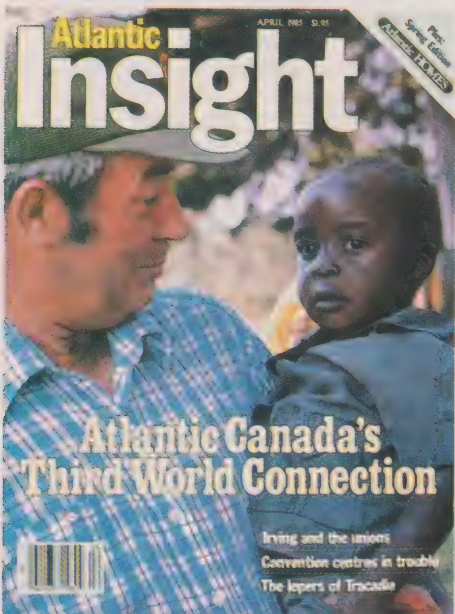
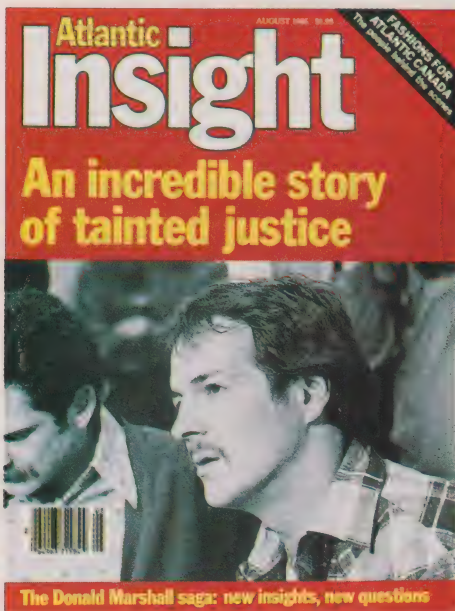
Storeowners uptown are worried that once people are ensconced in the network of walkways and tunnels, they'll tend to stay there. "That concern was expressed," says Lloyd Goldsmith, president of Calp's Limited, "and I can appreciate that it may be creating a situation where pedestrian traffic will remain in the complexes." Yet, Goldsmith and other retailers agree with the need for a market fix-up and have been assured that they'll remain part of the consultative process as the project proceeds.

But how do the tenants inside the market feel? Some say the time has definitely come to do something more substantial than cosmetic improvements. Peter McCready is the owner of Slocum and Ferris, the market's oldest tenant. He is pleased to hear of a proposed 25 per cent increase in traffic. "I like what they're going to do. But the older people don't like it at all. They don't want to see the market change at all." Others also have mixed emotions. "I don't think it's possible to renovate and retain the character and atmosphere of the building the way it is now," says Graham Stilwell, owner of Jeremiah's delicatessen. "But it's hard to tell the architects and the Market Square Corporation that." All the same, as Stilwell scratches his pen along the brick wall of his upstairs office in the market and a fine powder falls to the floor, he agrees that something must be done to save the building.

While the character of the market will be maintained as much as possible, other changes probably won't be able to be avoided. Rents for the stalls are expected to double once the project is completed from the current \$305 a month. Offices on top of the stalls, rent-free right now, will also cost money to rent. All merchants will be expected to keep the same hours, and leases will take the place of month-to-month rentals.

Interior renovations are expected to start next January, meaning the temporary displacement of some tenants, and there is some feeling that business will suffer as consumers will avoid a dusty market-under-construction. While the project is seen as exciting, many tenants are retaining a wait-and-see attitude. "It won't be the same," says Graham Stilwell. "I can't see how it's possible that it will ever be the same. But at the same time it has to be done."





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## Good bread is good business for Mary and her bakery

*Pure ingredients, home-made goodness and personal service have led to this homemaker's bakery success in Halifax*

by Carol Hurst

**L**ongtime bakers were more than a little skeptical when Mary Mohammed told them she wanted to be Halifax's bread lady. They said it was impossible to earn money on bread made from scratch and suggested that Mary use mixes if she wanted to run a successful bakery. And, at 53, they said she was too old to start her own business.

"They were telling me it's a dream," recalls Mary. "They told me my dream was going to be like a nightmare. I was really worried because I wanted to do it so much."

But Mary — a mother and homemaker with no business background — proved the cynics wrong. Three and a half years later she is the happy owner of Mary's Bread Basket Ltd., a thriving bakery located in the Brewery Market on the Halifax waterfront. She refuses to cut corners, using pure ingredients like wholewheat flour, honey, alfalfa sprouts and granola. There are no preservatives in her products which include eight kinds of bread, muffins, macaroons and huge cinnamon twists. She also carries sugar-free and salt-free items for people with special health needs.

Mary, who still does a lot of baking, jokingly tells customers to "look after her

babies." Although a machine kneads the bread, she and three bakers do everything else themselves. They meticulously divide, shape and bag the 300 golden loaves they sell every day.

Kim Mohammed started Mary's career by raving to a corner delicatessen about his mom's wonderful bread. The owner asked him to bring in a few loaves. They sold quickly and before long the Halifax native was filling orders for local supermarkets. Mary's desire for her own bakery had been sparked.

"I wanted to see who was enjoying my bread," says Mary who labored away 12 to 14 hours a day when she opened in October 1983. "I just didn't want to let it go and not know who was eating it."

A key to the success of Mary's Bread Basket is its friendly service. The shop has a steady flow of regulars attracted by Mary's chit-chat as well as her wholesome baked goods.

"Mary's is one stop on our Saturday morning routine," says Haligonian Peter Gregson who treats his four-year-old son to a scrumptious cookie while picking up the family's weekly supply of bread. He enjoys talking to Mary. "We've seen each other so regularly over the last couple of years that it's like we're friends."

Nuala Mattson, promotions manager

of the Brewery Market — which has had a steady stream of unprosperous tenants pull out of the mall — thinks Mary's friendliness has been her ticket to success. "To Mary, baking is a great joy and her product has to be perfect," says Mattson. "The other thing is that she gives a lot of personal attention. She remembers people and has something to say to them. Now she has a large and loyal following."

Mary always has a sympathetic ear for customers who want to talk about their problems. She says they might walk in grim faced, but feel refreshed and unburdened when they leave.

Even though Mary's prices (\$1.85 a loaf) may be higher than grocery stores charge, customers seem willing to pay a little extra for home-style bread. Sales jumped 10 per cent in the first year, 30 per cent the second and are expected to climb another 25 per cent in 1987. Virtually all of Mary's goods are sold — a big contrast to other commercial bakeries that lose money on unsold bread.

In fact, business has been so good, the Bread Basket leased additional space in June. Mary has done little advertising, relying on praise from satisfied patrons and the media to build her reputation. (The *New York Times* gave her a plug in a travel piece about Halifax.)

An accountant handles the bakery's finances. Mary admits she isn't good with numbers and wanted help from an experienced bookkeeper. "I know my weak points," says Mary. "I was scared that I might not cover my bills and then I wouldn't be able to keep on going."

Colin Mason, a spokesperson for Ben's Ltd. says small independents like Mary's have created a demand for healthy, wholesome breads and forced mass producers to change their ways. Ben's, one of the bakery giants in Nova Scotia, is offering a new line of home-style breads that contain no artificial preservatives. He says "squishy, white bread" has a bad name among health-conscious consumers. "There's a trend away from soft white breads," says Mason.

He backs up his statement with surveys conducted by Ben's showing that people believe bread must be made by hand in order to be good. This perception has allowed "the Mary's Bread Baskets of the world" to flourish while somewhat hurting companies like Ben's that employ highly trained bakers. "Just because we make more bread doesn't mean our quality is hurt."

Even though most 57-year-olds are thinking about retirement, Mary won't be ready to throw in her baker's cap and apron for some time. She says she's enjoying her customers too much to leave them just yet. "I wanted so much to be the bread lady," says Mary. "I'm not going to give up until I'm not having fun."





## Entrepreneurs angling for Atlantic salmon dollars

*A marketing strategy will strengthen the sportfishing industry which creates jobs and pumps millions of dollars into the economy*

**S**portfishing earns \$4.7 billion" boldly declared a statement from the federal fisheries department last fall. The feds had added up the results from a survey of anglers taken in 1985, and the numbers were impressive. In that year five million Canadian adults caught 250 million fish. The sport also attracted nearly a million foreign anglers, who spent \$655 million while in Canada.

Early this year, with less fanfare, the Atlantic Salmon Federation (ASF) released a study based on the survey. An estimated 54,000 anglers fished for salmon in the five Atlantic seaboard provinces, adding \$84 million to the regional economy and creating 2,090 person-years of employment, according to the ASF.

Impressive too were the improved catches over the last couple of years. "Things were pretty rough for us in '83 and '84, but they're a heck of a lot better now," says Alex Mills, president of the New Brunswick Outfitters' Association.

For the entrepreneurs like Mills who run hunting and fishing lodges in New Brunswick, Nova Scotia and Newfoundland and Labrador, business has picked up in recent years, and more people have been getting into the trade. "But we have no real appreciation of what our industry can do," says Mills, who

divides his time between Old River Lodge on the Miramichi River and a law practice. "We're sitting on a gold mine and we've barely scratched the surface."

Outfitters cater to non-residents — mainly Americans — who pay as much as \$1,000 (U.S.) for a week of fly-fishing on a quiet, unpolluted Canadian river. To promote their operations, outfitters attend sportsmen's shows in the United States, advertise in outdoor magazines, send direct mail and rely on word of mouth from satisfied customers. "But our efforts could be a lot more sophisticated," says Mills. "We have a multi-billion-dollar a year industry, and still no national strategy to promote it."

Nova Scotian Don Breen has been a licensed guide since 1956. In 1969 he opened Beaver Island Lodge in Queen's County which operates through the seasons for trout, salmon, deer and upland birds. "The salmon business has been awfully good the last two years," he says.

Despite the success of Beaver Island Lodge and his own bluenose roots, Breen sees a greater potential for outfitters in Newfoundland. "They have a longer salmon season, trout fishing second to none, and seasons for bear, moose and caribou," says Breen, who this spring plans to open a lodge at Harry's River

near Corner Brook. "From our lodge we'll have access to nine rivers. The industry in Newfoundland is greatly underdeveloped."

Salmon fishing is also available in Labrador, but this region is better known for its large brook trout — and the isolation it provides for those who want to get away from it all. Access to many rivers and lakes is only by float plane and helicopter.

In all provinces but Nova Scotia, non-resident anglers must retain a licensed guide, and this service is often a key to an outfitter's success. Guides show the "sports" how to fish the pools and perform a host of other services. "In the past it was too easy to get a guide's licence," says Tom Kennedy, who operates Lansdowne Lodge on Nova Scotia's Stewiacke River. "Guiding skills varied greatly and some oldtimers who hadn't worked for years were still on the books." In recent years Nova Scotia has tightened up its licensing rules, and Kennedy has helped design guiding courses for the provinces.

The master guide course, which takes a week to complete, gives hands-on experience in map reading, outdoor cooking, building emergency shelters, first aid and boating and water safety. Emphasis is also placed on the proper use of firearms and fishing gear, techniques for dressing fish and game, and customer relations and marketing.

Alex Mills agrees that standards for guides must be uniformly high. "The time will soon come when demand for their services will soar," he says. "Fly fishing is the emerging yuppie pastime, and we are close to the northeast states, which is the best market in the world."

Mills' camp at Doaktown offers private pools along seven miles of



river — enough for 12 rods to fish comfortably. He also stresses the “superlative” food and the swimming available at his lodge, as well as other tourist attractions nearby: a salmon museum, a woodsmen’s museum and a golf course.

The plight of the species is perhaps best illustrated by numbers: public cost of salmon supply has risen from \$11 a fish in 1980 to \$47 a fish in 1985, according to Archie Tuomi, a fisheries economist who authored the ASF study. “The Atlantic salmon has become a high cost fish for taxpayers to supply and for anglers to fish,” he concludes.

Tuomi sees this trend in a favorable light. “With growing world population and shrinking natural fishing opportunities, the international market is growing fast,” he says. “There is no disguising that, internationally, it is a carriage trade market for carriage trade fishing. However, from an overall Canadian viewpoint...this should be counted as a rare blessing, and the resource as a national, regionally based treasure.”

“Sportfishing today is like downhill skiing in the ‘50s,” says Alex Mills. “People do it, but the industry is not developed.” For ambitious entrepreneurs, this presents a challenge. Says Don Breen, just back from a tour of sportsmen’s shows in the U.S., “Business looks awfully good for the next five years.”

The Margaree Valley in Cape Breton holds its own fascination for anglers and their families. This summer, Margaree Forks will host Conclave ’87, an annual get-together sponsored by the ASF, a non-profit organization dedicated to the preservation of the Atlantic salmon. From Aug. 26 to 29 the conclave will feature workshops, conservation seminars, displays and angling on the Margaree River. The area also boasts a salmon museum, beaches and a golf course.

While marketing is one key to a thriving sportfishing industry, success will ultimately be tied to the number of salmon in the rivers. Sportsmen attribute a recent rebound in salmon stocks to the suspension of the commercial salmon fishery in the Maritimes and the reduction of the Newfoundland fishery. But the fighting gamefish remains threatened by overexploitation, habitat alteration and deadly pollutants such as acid rain.

#### TIDE TURNS AGAINST COMMERCIAL SALMON FISHERMEN

Since the 1970s, commercial salmon fishermen across the Atlantic Provinces have faced declining catches and government policies encouraging them to get out of the once-lucrative fishery. Those who remain must live with closed or shortened seasons and other regulations designed to limit their catches. Now the salmon stocks are rebounding, and it’s the fishermen themselves who appear to be a threatened species.

In the past decade, the number of commercial fishermen licensed to fish for

salmon in Newfoundland and Labrador has declined by half — from 7000 to 3500. “Fishermen are upset,” admits Rex Porter, head of the salmon assessment section of the federal department of fisheries and oceans in St. John’s. “They feel they are being penalized. They think we are slowly withdrawing their livelihood.”

In the Maritimes, fishermen haven’t been allowed to set nets for salmon since 1985. “In recent years we’ve gone from 418 licensed salmon fishermen to only 88,” says Allan Billard, executive director of the Eastern Fishermen’s Federation. “Now the fish are coming back in record numbers. If we can’t find a place for 88 fishermen, something is wrong.”

Traditionally, salmon have been vital to many Atlantic fishermen. From spring until late fall, gillnets and trapnets were set in tidal waters to intercept salmon returning to their spawning rivers. Some fishermen in Newfoundland — where the bulk of the salmon were caught — earned half their income from the high-priced fish.


By the 1970s, overfishing and destruction of habitat in spawning rivers led to sharp declines in salmon populations. DFO responded with policies aimed at reducing catches by commercial and recreational fishermen.

“The bulk of management efforts are to reduce the harvest of multi-sea-winter salmon returning to rivers in the

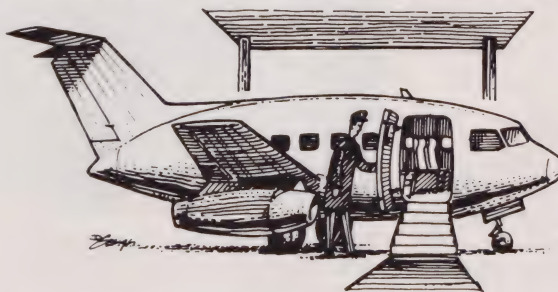
Maritimes, where stocks of these large fish are depleted,” says Rex Porter. “In Newfoundland, we primarily have grilse — that only spend one winter at sea — and we haven’t had major declines like the other provinces.”

Under a five-year management plan begun in 1984, the commercial salmon fishery was closed in the Maritimes and curtailed in Newfoundland and Labrador. Buy-back programs offered by DFO in conjunction with New Brunswick, Nova Scotia and Newfoundland led many fishermen to sell their salmon licenses back to the government.

The future of this traditional inshore fishery is now in doubt. Only in northeast Newfoundland and southern Labrador does the salmon fishery reflect some of its former importance. Even there fishermen must live with shortened seasons and stricter gear regulations. For all Atlantic fishermen, it is now illegal to possess a “by-catch” of salmon caught unintentionally while fishing for other species. The federal government is also promoting aquaculture as a way of meeting commercial demand for Atlantic salmon.

Releasing the 1986 Atlantic salmon management plan, federal fisheries minister Tom Siddon declared: “I am sympathetic to the plight of the displaced commercial fishermen.” What the fishermen want, however, isn’t sympathy, but a chance to fish. 

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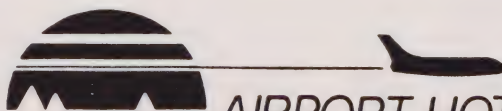


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Great-grandmother DeMattia's "world record" scarf wraps up her free time

## OLKS

**R**oll out **Rosa DeMattia's** 150-yard scarf and it sprawls on and on like a colorful rainbow. Although DeMattia started the project as a hobby, she ended up knitting the longest scarf in the world.

"I thought it would be a pleasant way for her to pass the time," says Dante DeMattia, a native of Teramo, Central Italy. "My mother doesn't speak English and wanted something to do when the family was at work. She enjoyed it and decided to make the longest scarf she could." Rosa DeMattia, 78, insisted on keeping the project a secret in case she didn't finish, pulling it out for just a short while each day except Sundays.

But when the great-grandmother finally put down her set of number six needles, she had earned herself a spot in the 1988 *Guinness Book of World Records*. A new category was created for the Nova Scotian who used 330 balls of yarn in her 10-month endeavor. DeMattia

says all the fuss over the 9 1/2 inch-wide scarf has delighted his mother.

Even the crew from *Sesame Street*, the popular children's television program, borrowed her masterpiece and wrapped it around the Town Clock on Halifax's Citadel Hill for a segment to be aired this fall.

For now the 30-pound scarf is rolled up and on display in the window of Dante Hair Design, a beauty salon owned by her son. Dante isn't sure if it will stay there. "Everyone is so curious about it. I just don't know the best place to put it," he says.

**W**hen **Rev. Paul Egan** answers the door to the glebe house at Little Flower Church in Morell, P.E.I., visitors get an unexpected welcome. The songs of dozens of birds, 65 to be exact, greet them. It's perpetual spring in the parish house because Father Egan raises finches and canaries.

It all started about three years ago with two canaries and a small cage. Father Egan says he didn't start out to raise them. It just happened. Today he has an eight-foot aviary in a room just off his den. Inside, baskets of colorful flowers hang from the ceiling and wicker nest boxes adorn the walls. And there are finches and canaries of every color, — white factor, red factor, orange factor, blue factor and combinations of all those colors.

The eggs take about 14 days to incubate and newly hatched birds are about

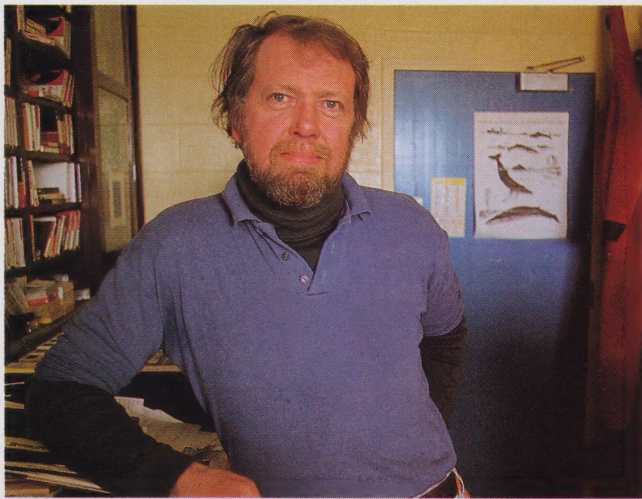
the size of a little fingernail. In about three weeks they are in full flight and feeding themselves.

Father Egan says it's a joy to sit in the room with them and watch them fly and listen to their songs. They start singing when the sun comes up, about 5:30 a.m. at this time of year, and one by one the singing settles down to the odd cheep and then silence as the sun sets on Father Egan's unusual flock.



Egan's feathered flock sings his praise





Lien: stories of saving whales and fishing gear in Newfoundland

**J**ohn Lien probably isn't home right now. More than likely he's leaning over the side of a rubber dinghy in Trinity Bay, Nfld., with a diving mask clasped to his face, staring eye-to-eye with a humpback whale.

The inshore fishing season reaches its peak in June and July in Newfoundland and as the fish come in, they're followed by whales — often right into the fishermen's nets and traps. That's when Lien's phone begins to ring, because the fishermen know he's the man who saves whales, and in the process, their valuable fishing gear.

Lien is an animal behaviorist at Memorial University in St. John's. His whale-saving career started in 1978 when he received a call from a fisherman who had a humpback whale caught in his cod trap for three months.

After freeing the whale he learned of a second whale trapped in gear nearby. It was then he began to realize the enormity of the problem. "I couldn't believe we were treating whales and fishermen with such callous disregard," says Lien. Since then he's saved about 50 to 60 whales a year reducing the mortality rate for trapped whales from 50 per cent in 1978 to nine per cent last year.

His best times are after the whale's been freed and Lien is sitting in somebody's kitchen drinking a cup of tea. "You sit back and start telling stories about what you did, and everybody's got their own version of the same story, and I love that," says Lien.

**K**aren Young of Leonardville, Deer Island, N.B., has a special way of thanking the Izaak Walton Killam Hospital for Children in Halifax for saving the life of her two-year-old daughter, Tabatha, who was born with congenital heart disease requiring three open-heart operations.

In return she organizes events to raise money for the Children's Miracle Network Telethon. In November 1985, Young sold tickets on a weekend at the Delta

Brunswick Hotel in Saint John, which raised \$305. A walkathon in May 1986, brought in \$3,500. She and Tabatha presented the cheque for \$3,805 to the Children's Miracle Network Telethon on CHSJ-TV.

In the fall of 1986, Young and her sisters organized an amateur show that raised \$640. The first fashion show to be held on Deer Island was organized and netted a profit of \$740.

The thank-you letter that came from the I.W.K. Hospital stated that it was



Tabatha and her mom raise money for IWK

estimated that the residents of Deer Island raised more money per capita than anyone in North America.

Recently, Young attended a luncheon at the Delta Brunswick Hotel to discuss fund-raising. She was asked how she raised such large amounts of money on a small island of only 868 residents. She answered quickly, "Deer Island people will work hard for a good cause and are generous."

**W**hen Beth Brandys first became interested in UNICEF, she was a reporter with the *Toronto Telegram* covering meetings of the United Nations. Today she is beginning the second of a two-year term as national president of UNICEF in Canada. There are more than 35,000



Brandys says grassroots approach is the key to UNICEF's success

active volunteers working for UNICEF across the country and one million school children who collect donations in bright orange boxes each Hallowe'en, making hers a formidable task.

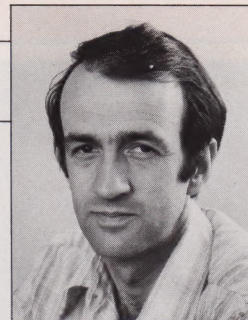
Her stay in Toronto was short-lived. She returned to her native Halifax with her husband and joined the local UNICEF committee. At first Brandys wrote news releases and stories about the work of UNICEF, but soon she was chairing the information committee. After serving as provincial head from 1981 to 1984, she was elected national vice-president.

In 1986 she became the first Nova Scotian to be named president. "We have more than 600 dedicated and active volunteers in Nova Scotia alone and although we are a small province, we've just gone over the half-million dollar mark in revenues for 1986-87," says Brandys. "UNICEF is basically a volunteer effort in Canada and we have a good staff. But policy is set by our volunteer boards and I think that is the key to our strength — we're a grassroots organization."

The strength of the Canadian UNICEF effort translates into success on an international basis as well. Brandys says the Canadian national committee has 80 projects of its own in developing countries and its financial contribution to UNICEF International is the highest (\$17.6 million U.S.) of all non-government support given in the world.

As president her duties are extensive, ranging from chairing policy meetings and touring Canada speaking to local committees, to visiting UNICEF-sponsored projects in countries like Columbia or Brazil and making speeches at the United Nations. She is away from home more than four months a year and considers herself fortunate to have a husband and three sons who support her dedication. Will she go on to other things when her term is over? "Oh no, this is a real cause for me," she says. "I will continue to work for UNICEF."





## Canada budgets for militarism

**W**hat do we need for our military? Nuclear-powered submarines for the Arctic? More frigates? Mine-sweepers? More fighter aircraft?

Don't ask. The point, rather, is this: we must spend more, no matter what we buy. This is an imperative of the dominant ethos of our times: military economics. Whether we buy subs or frigates or bows and arrows is a secondary matter to be fleshed out by white papers, parliamentary committees and editorial writers.

After taking a beating for 20 years from militarists both at home and abroad for not spending enough on arms, Canada, under the Mulroney government, has finally given in. No more Pearson-Trudeau style peacenik foot-dragging. We snap crisply to attention now as the awesome forces of arms and money demand that we buck up.

Soon after the Conservatives assumed power, Robert Coates, the first Tory defence minister, announced that economic growth in Canada would be launched by a program of military spending, in keeping with the guiding light of Reaganism.

It's for this that he should have resigned in shame, not for dallying with a lady in a West German bar. For just as we finally swallow whole the notion of military spending as the way of prosperity, it's becoming abundantly clear that the arms budget is at the heart of the American decay. The best brains and the biggest money have been going into the military for so long that the civilian economy has been rendered non-competitive, social programs have been crippled, the society has been brutalized by a culture of violence and the infrastructure of railways, highways, public transit and the like are starved for funds and in gross disrepair. Since 1981, in the U.S., \$50 billion have been cut from education, health, nutrition and job training and \$100 billion added to the military budget.

Is this what we aspire to in Canada? Yes, apparently. The military component of the budget has been rising faster than other components for a half-dozen years.

The Reagan snake oil ingested by the Tories contains an ingredient of particular relevance to Atlantic Canada: military spending as regional development. In the U.S., military plants serve this purpose, often being directed to poor areas. One of the first moves of the Mulroney government on taking power was to send a delegation of Pentagon recruiters through

Atlantic Canada to show local business people how to bid for military contracts. Attempts at setting up arms and arms-related plants followed. Litton Systems was directed to establish in the Maritimes, setting off a bidding war among provinces that brought Litton a bonanza of public subsidy from the government of Nova Scotia.

What are our legitimate defence needs? There's more than a trace of irony in the fact that we're rushing to re-arm just as the Soviets are trying to wind things down. Although suspicious right wingers everywhere are hard at work interpreting events in the Soviet Union as just another trick to gobble up the West, the meaning of these events is crystal clear: the Soviets can no longer afford the arms race. Neither can we, but the vested interests and accompanying mythology of the western military-industrial complex keeps us from admitting it.

## *Economics not security are behind increased military spending*

There's no rational argument whatsoever for an increase in the Canadian military budget. A replacement of aging frigates and a maintenance of military budget at a steady ratio of total budget is the very best that any cogent logic will allow. As the government dickered over its defence, white paper military people made all kinds of demands for new hardware that would cost tens of billions of dollars. The government favors nuclear-powered submarines capable of cruising under the Arctic ice. Yet with these submarines, as with most other buildup scenarios, what are the conditions that would lead the Soviets to attack Canada independently of a global nuclear war? And in that case, what good will it do to have billion-dollar submarines at the ready to watch it happen?

One of the most peculiar justifications for the Arctic submarines is the notion that we need them to keep the Americans out, since the Americans don't recognize our sovereignty over the Northwest Passage. If you don't need them to protect against your enemies, you need them to protect against your friends. Either way, the billions get spent and that's the whole point. The vacuity of that position becomes clear, moreover, when one considers that the \$3-billion-a-year arms industry in Canada is fully integrated into the American military-industrial complex through the Canada-U.S. Defence Development and Production Sharing Agreement.

Nor is the increasing militarization of Canada linked solely to the argument of a Soviet threat. Canada's military exports to Third World countries continue to increase, and will amount to over \$200 million this year. For this activity, of course, there is no argument, no logic, except an entirely economic one.

What purpose is advanced by our contribution to the Third World arms trade? According to Project Ploughshares, which monitors military activity, "Since 1960 the number of countries under military rule in the Third World has increased from 22 to 57. All of these military-controlled governments have either eliminated or placed major restrictions on the right to vote. All of them have used forms of violence as a matter of policy to control their citizenry."

If history shows anything it's that great fortresses defend very little in the long run. They either collapse from within, having dehumanized and impoverished the society they were supposed to defend, or are bypassed by events, remaining as expensive piles of stones for tourists of another epoch to gawk at.

"Security is not a military concept," says Project Ploughshares in a brochure. "True national security can be seen as having three components: a) fair social and economic policies; b) national defence policies consistent with the UN Charter's provisions for collective security and the peaceful settlement of disputes; and c) disarmament."

Unfortunately we're still going the wrong way on all these points, despite optimism surrounding the possibility of an agreement to remove mid-range nuclear missiles from Europe. We'll only be going the right way when we start shifting national budgets away from militarism. 



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